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Comprehensive Cancer Care expanding at the Scully-Welsh Cancer Center

Under the leadership of Medical Director Eleni Anastasia Tousimis, MD, MBA, FACS, the center is focused on treating the whole patient, not just the disease.

See page 8



Cleveland Clinic
Indian River Hospital

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Theresa Tolle Named 2023 NCPA Willard B. Simmons Independent Pharmacist of the Year



Left to Right: NCPA President Hugh Chancy, RPh; Theresa Tolle, BSPHarm, FAPhA (winner); and Mike McBride of Upsher-Smith.

Theresa Tolle, BSPHarm, FAPhA, owner of Bay Street Pharmacy, Sebastian, Florida is the “2023 NCPA Willard B. Simmons Independent Pharmacist of the Year”. This annual award recognizes a pharmacist who exhibits exemplary professional leadership, service to the community and commitment to independent pharmacy.

NCPA President Hugh Chancy, RPh, added in their press release, “Theresa’s remarkable achievements exemplify the essence of independent pharmacy where pharmacists like Theresa make a profound difference in the lives of their patients and communities. Theresa’s commitment to patient care and professional excellence is a source of inspiration for pharmacists and makes her a deserving recipient of this year’s Willard B. Simmons Independent Pharmacist of the Year Award. We congratulate Theresa on this well-deserved honor and thank Upsher-Smith for its continued support in highlighting the outstanding work of community pharmacists.”

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Sometimes changes are so little that we barely notice them; we address them and continue on. Other times they can be significant and require a lot of our attention. And of course, there are the changes that happen in our day-to-day life that we anticipate routinely. We adjust easily to expected changes and often have a "plan B."

Significant changes vary for each of us. For some, it may be the loss of a loved one or a job. An injury or illness is another example, and the length of time can result in more complications than expected. Changes can be wonderful, such as the birth of a child or a graduation.

This year is starting out for me with unexpected changes, requiring important decisions. But all in all everything is falling into place. I had guidance from my LORD, friends and professionals. When you find yourself in these situations it really helps to seek resources. Not every resource is going to be an answer, but they can be a referral source for something that works for you.

As you go through this edition of the Heartbeat you will find professionals that can help you with a variety of changes as well as articles addressing the challenges of change. There is hope and help. I'd love to hear your success story or how a local resource made a difference for you.

Cindy



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Get Comprehensive Cancer Care at Cleveland Clinic Indian River Hospital

Indian River County residents need not travel far for world class cancer care. State-of-the-art care is available and expanding at the Scully-Welsh Cancer Center at Cleveland Clinic Indian River Hospital.

Under the leadership of Medical Director Eleni Anastasia Tousimis, MD, MBA, FACS, the center is focused on treating the whole patient, not just the disease. While offering the most advanced treatments and care from renowned cancer experts, the center has significantly added to and enhanced existing programs to improve patients' quality of life during and after treatment.

"Our goal is to cure disease and, at the same time, improve the quality of life of our patients as much as possible," says Dr. Tousimis.



From left to right: Jean-Pierre Obeid, MD, Adesola Awomolo, MD, Eleni Anastasia Tousimis, MD, and Brian Burkey, MD, are part of the expanding team of cancer specialists at Cleveland Clinic Indian River Hospital.

New staff and advanced procedures enhance the care offerings

The Scully-Welsh Cancer Center provides the most advanced care available to treat many types of cancer.

The new comprehensive breast cancer program offers a screening and prevention clinic as well as a team of dedicated breast cancer healthcare providers in multiple specialties. Andrew Salzberg, MD, a nationally renowned breast reconstruction surgeon who pioneered some of the most cutting-edge techniques available, joined the Indian River Hospital team in 2022. He works closely with Dr. Tousimis, who is nationally known for nipple-sparing mastectomy and minimally invasive procedures.

The head and neck cancer program is led by internationally renowned expert Brian Burkey, MD, Division Chair, Otolaryngology, Head and Neck Surgery, at Cleveland Clinic Florida. And the urology program, which treats cancers of the prostate and bladder, continues to grow this year with the addition of a new urologist and the additional treatment offering of brachytherapy for prostate cancer. In early 2023, the Scully-Welsh Cancer Center launched a new comprehensive melanoma program to treat patients with this deadly form of skin cancer.

"Patients will no longer have to leave the area for multidisciplinary melanoma cancer care," says Dr. Tousimis.

The cancer specialists at Scully-Welsh Cancer Center hold several weekly multidisciplinary tumor boards in all the specialties to discuss the patient's imaging and pathology in order to provide the best treatment plans for both newly diagnosed and established patients.

"These meetings are really important," Dr. Tousimis says, "because this is how we provide a group consensus for the most up-to-date treatment options for our patients."

Always putting patients first

The Scully-Welsh Cancer Center has added several new medical oncologists to support expanding programs and improve patient access. James C. Lasker, MD, is the Director of Infusion Services and the Survivorship Clinic. The new survivorship clinic launched in January for patients who have completed cancer treatment or those who are at high risk for developing cancer. Participants can see a provider or attend support groups for guidance on managing quality of life and symptoms after treatment.

To meet the growing demand in the community, the Scully-Welsh Cancer Center has recently added several new medical oncologists. Adesola Awomolo, MD, and Madhu Unnikrishnan, MD, both hematologist oncologists, will work alongside Stephen Patterson, MD. Alex Mejia Garcia, MD, also a hematologist oncologist, recently joined the medical staff and will serve as Director of Hematology and Clinical Research. In addition, Marc Apple, MD, and Jean-Pierre Obeid, MD, joined the cancer center as radiation oncologists.

This growth in staff was accompanied by all new state-of-the-art radiation oncology equipment including a new linear accelerator, CT simulator, intraoperative radiation therapy and brachytherapy.

The center offers a nurse navigator program to support all newly diagnosed cancer patients by helping them keep track of appointments and take advantage of the available support programs and educational services as they go through the treatment process. To treat the whole patient and manage chronic disease and end-of-life symptoms, the cancer center also introduced a new palliative care program.

Be the Health Detective!

Your friend is not feeling well. She is complaining of fatigue, nausea, and forgetfulness. She is unsteady on her feet. (Not like her.) She has a history of diverticulitis, constipation, and psoriatic arthritis. She is put on a special diet and is scheduled for a cat scan and colonoscopy. Her physicians are waiting for the test results before making a diagnosis so they can treat her properly. In the meantime, her nausea, fatigue, irritability, and balance get worse. She decides to go to the emergency room. They evaluate, treat, and send her home.

What do you think she is diagnosed with?

- A. Diverticulitis
- B. Bowel Obstruction
- C. Urinary Tract Infection
- D. Crohn's Disease

Take a minute and be a detective with the clues provided.

If you picked “c” you have keen detective skills! If you picked a different answer, don't fret, all the diagnoses are a close possibility. It is important to try to remember that not everyone with a urinary tract infection will have common signs and symptoms.

Urinary tract infections (UTI) are common. The elderly and people with dementia are more prone to UTIs. Women are more likely get a UTI than men. This is because women have a shorter urethra, thus bacteria have a shorter distance to travel to reach the bladder. Also, post-menopausal women have changes in the lining of the vagina and lose the protection that estrogen provides.

Common signs and symptoms of a UTI are pelvic or back pain, frequent urge to urinate, burning when urinating, cloudy or bloody urine.

Common causes of UTIs are sex, constipation, uncontrolled diabetes, “holding it,” dehydration, feminine products, and kidney stones. Urinary catheters and bowel incontinence are also culprits. Foods high in sugar and starch such as cookies, sodas, and chips help create a friendly environment for bacteria to grow.

Please note! You can have a UTI and not have the classic signs and symptoms. There are people who have less common symptoms such as:

- Confusion
- Nausea
- Fatigue
- Bloating
- Irritability
- Joint pain
- Fullness in the rectum

So, make a note and remember to ask for a urine test. It's quick and inexpensive. The sooner you get treated the better!



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Peggy Cunningham,
Executive Director

Project Lifesaver

Caregivers describe the feelings that beset them when their loved one with dementia wanders off: anxiety, worry, panic, guilt. Caring for someone with dementia is three times harder than any other form of caregiving as the constancy of supervision, the emotional rollercoaster of dealing with unreasonable behaviors, and the strong financial effect on the family take their toll.

Caregivers of children with autism have similar experiences. Energetic and fast, an exit-seeking child will disappear in a blink, even with the most vigilant supervision.

Statistically 60% of those with dementia will have a wandering experience. Additionally, statistics show that almost 50% of children with autism are at risk of wandering away from a safe environment. Their caregivers need a tool in their toolbox for this devastating possibility.

To protect those who are vulnerable, Project Lifesaver (PLS) was developed. The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition. This is the premier search and rescue program operated

Continued of page 39

Heartbeat of the Treasure Coast



The Dangers of Polypharmacy

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

Although it is a term that you perhaps have never heard, polypharmacy is a serious problem in today's society. With the aging of America, along with changes to our healthcare system, polypharmacy is a bigger problem than ever. Polypharmacy is defined as the continued use of five or more prescription medications and many of our senior adults fall into this category. Taking five or more prescription medications is not necessarily a serious problem, however, there are many factors that can cause it to be a problem.

One of the biggest factors is that today's healthcare system has a big focus on seeing specialists and, unfortunately, this can cause the prescribing of duplicate or interacting prescription medications. If a primary care prescriber is appropriately coordinating and overseeing these visits to specialists, this may not happen, but often this oversight is not in place.

Another factor that can lead to problems is receiving medications from numerous sources. An example of this is getting chronic medications through mail order, filling "acute" or short-term medications through a local pharmacy, receiving samples from a prescriber for a new condition and filling one prescription outside of your insurance benefit at another pharmacy because the cash price is better. In this scenario, which, unfortunately, I see often as a pharmacist, the patient has received medications from 4 different sources, yet there is no one healthcare provider who has oversight over all of these medications.

Although the definition of polypharmacy is the use of multiple prescription medications, another problem that can exist is drug interactions with non-prescription medications. Some supplements and over the counter medications have similar mechanisms of action to prescription medications and therefore could have a duplicate effect. A few examples are the supplement red yeast rice which helps lower cholesterol but is very similar to the statin class of prescription medications. Taking both could lead to muscle spasms and even drug-drug or drug-food interactions. Another example would be taking a supplement such as CBD for anxiety along with any number of prescription medications. CBD can cause additive side effects with certain prescription medications and/or combined with alcohol and needs to be closely evaluated when it is started. The bottom line is if a supplement is strong enough to help you, it might be strong enough to hurt you.

A recent study in American Family Physician, entitled "Polypharmacy: Evaluating Risks and Deprescribing" outlines some of the negative consequences such as decreased quality of life, increased mobility issues, increased use of the healthcare system due to side effects and others. And, while we think of our elderly as being the primary demographic who experience polypharmacy, and that is true due to changes in their metabolic status and multiple disease states, there are others who also experience polypharmacy such as those who have a mental health or pain diagnosis.

The study in American Family Physician also focused on a concept called "deprescribing", which is a systematic process to identify and discontinue medications in instances in which existing or potential harms outweigh potential benefits within the context of an individual patient's care goals, current level of functioning, life expectancy, values, and preferences. Deprescribing can be a helpful tool in reducing risks associated with polypharmacy.

As a pharmacist I encourage my patients to take an active role in their healthcare. A few things that you can do to help decrease concerns about polypharmacy are:

- Keep an updated list of all of your medications, including any nonprescription supplements that you take routinely. Take this list with you to all appointments and keep a current copy on hand in case of emergency.
- Ensure that your healthcare provider has reviewed your medication list before prescribing any new medications.
- If possible, fill all of your prescriptions at one pharmacy. If that is not possible, ensure that the pharmacist has a list of all of the medications and



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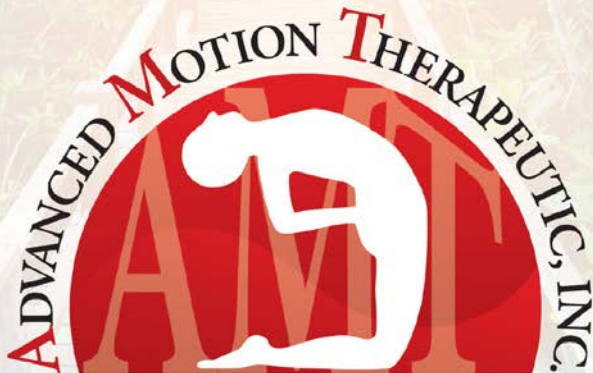


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CHANGE AND LOSS

by Susan Long, RN, MS, LCSW

Change is Constant



Even positive change can create the feeling of loss. Gone is the old and in with the new, so "they" say. However there are some people who crave change constantly. Fortunately, I am not one of those. I like stability and sameness. As change connects with loss, feelings of loneliness, anxiety, and depression can surface. That this is the nature of losses. Think about changes of job responsibilities, location, personnel or expectations. Think about retirees who experience changes in their Medicare plans and benefits, for example. Think about people who become empty nesters. Recognize that these situations can evoke tough emotions.

In my practice I dealt with loss very often. Here are a few tips to deal with changes in a healthy way as we shift from 2023 to 2024. Don't avoid or numb these feelings, just have realistic expectations about how to handle them. Change and loss can affect us physically, so be sure to drink lots of water, eat nutritionally, get enough sleep, try to take 15 to 20 minute walking breaks, perhaps even make an appointment with your physician.

Prepare for emotional ambushes and loneliness. Remember that most changes are temporary until we become accustomed to them. All emotions are natural, and some may be uncomfortable, so have a plan how to manage them. That means you decide what and how many you want to do around activities with friends and family. Small changes may seem tolerable most of the time until your emotions sneak up on you and there is surprising irritability that pops up.

In general try not to overburden yourself. Having a plan is essential to easily adjusting to recent changes. Do not isolate yourself. Be willing to change your mind, plans, or change the subject. Control negative self-talk. Life is difficult enough without getting down on yourself. Plan positive self-statements to replace negative thoughts.

Remember that going through rough times can bring you positive situations you had not thought about before. Be thankful for your ability to be resilient. Help others when you can; doing that produces feel good hormones like endorphins!



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Vicki Soule's presentation was on the importance of having a primary physician.

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We celebrated 20 years of our Walk to Remember in November where the community came together to show their support for those affected by memory and movement disorders.



Newly expanded integrative medicine program offers patients complementary therapies

Caregivers at the Scully-Welsh Cancer Center know that dealing with cancer can take a physical and emotional toll. That's why they offer numerous complementary therapies to enhance patients' overall well-being as they go through medical treatment and beyond.

Caregivers and volunteers have been working this past year to make the complementary therapies program more robust, says Sarah Taylor, Administrative Program Coordinator. Today, with the help of generous donations, the Scully-Welsh Cancer Center offers a variety of healing services at no charge to patients undergoing cancer treatment at the center, as well as to their loved ones. Services are also available to cancer survivors.

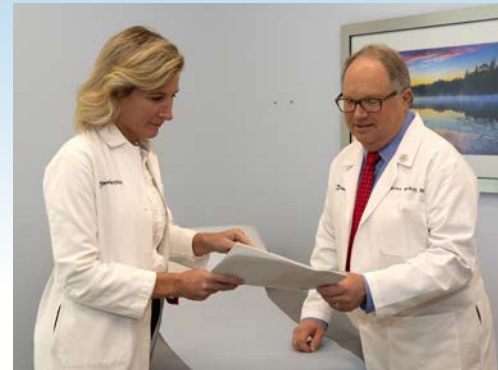
On-treatment services

Patients and loved ones coming in for treatment may be offered damp warm towels sprinkled with essential aromatic oils – a Japanese practice called Oshi Bori.

“Our volunteers have been trained on the healing power of essential oils such as lavender to calm nerves, lemon and orange for their positive and uplifting aroma, and peppermint to promote healthy respiratory functions,” Taylor says. Volunteers can be found offering these towels in the chemotherapy bays and lobbies of the cancer center.



Scully-Welsh Cancer Center specialists, including Eleni Anastasia Tousimis, MD, and Jean-Pierre Obeid, MD, utilize the latest technology to provide state-of-the-art cancer treatment.



Eleni Anastasia Tousimis, MD, and Brian Burkey, MD, take part in multidisciplinary tumor boards in order to provide the best treatment plans.

In August, the center began offering a nutritional support food cart on which dietitian-selected nutritious, purposeful snacks such as kombucha, protein shakes, oatmeal, and ginger chews are offered to patients undergoing treatment. The cart makes rounds three to four times daily in the 13 semi-private infusion bays.

An additional cart containing art supplies, which gives patients and their loved ones supplies to paint rocks, make cards and more, also makes

rounds at the cancer center. Pet therapy is offered, along with complimentary wigs, head scarves and educational programs.

“Most Mondays our beautiful piano is being played by our music volunteer,” Taylor says. “The sound just lifts everyone’s spirits.”

Services for survivors

For patients who have finished treatment and desire continued support, the Scully-Welsh Cancer Center offers several programs.

“Our amazing spiritual care volunteer facilitates a monthly mindful meditation. Meditation is a tool to create peace, balance and well-being,” says Taylor.

Acupuncture is offered, along with support groups, music, a 12-week exercise oncology program led by a personal trainer, nutritional counseling and resources for smoking cessation. Taylor says future plans include offering mental healthcare resources. All programs are offered at no charge to patients.

To learn more about cancer services at Cleveland Clinic Indian River Hospital, visit ClevelandClinicFlorida.org/Cancer or call 772.563.4673 to schedule an appointment.



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

Recognizing the Unique Needs of America's Veterans and their Families

The Visiting Nurse Association (VNA) is thrilled to announce that we have qualified as a Level Four partner of We Honor Veterans, a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA), that recognizes the unique needs of America's Veterans and their families and works with community hospice providers, including the VNA, to offer the best end-of-life care for our selfless Veterans who have given so much to our country.

There are five levels of the We Are Veterans Program. The VNA recently qualified as a Level Four partner by educating newly hired VNA associates about the Hospice Veteran Partnership Program, a key part of We Honor



Veterans, as well as additional information about the VA, Veteran benefits and a link to the We Honor Veterans informational and promotional video.

In addition, we identified an area of improvement: the importance of asking every hospice patient of their veteran status since research showed that approximately 25 % of patients were not asked about their military service, according to their caregivers who took the survey after their loved one passed away. And to ensure this question will always be asked, we have implemented an interdisciplinary performance improvement plan that includes it.

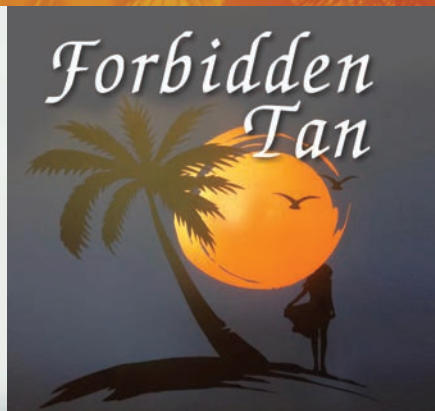
By identifying our veterans nearing end of life, the VNA is better able to accompany and guide them and their families toward a more peaceful ending. And, for those with special needs related to their military service, combat experience or other traumatic events, it is our mission to provide the tools they need to support them with dignity and compassion.

About the VNA

The Visiting Nurse Association (VNA), a registered 501(c)(3) non-profit organization, provides home healthcare services—including Medicare-reimbursed and private-duty nursing; home health aides; physical, speech and occupational therapy; in-home companions; and personal transportation—throughout Indian River County. The agency is also a licensed hospice provider in Indian River County, offering end-of-life care in patients' homes, local hospitals, nursing homes and assisted living facilities, and the VNA Hospice House. The VNA also provides affordable health care through our Mobile Health Clinic where APRNs can treat infants through adults. They can examine, diagnose and prescribe treatments for illnesses such as upper respiratory infections, flu, strep, eye and ear infections, provide school physicals and no-cost blood pressure and glucose screenings as well as health and wellness education to the community. For more information visit www.vnatc.com.

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SRA In-Home Services

Across the globe, people are living longer. Today, most people can expect to live in their sixties and beyond. It's estimated by the year 2030, 1 in 6 people will be aged 60 years or older. As a result, the more likely medical conditions, injury or simply the aging process will affect our ability to do chores and routine tasks so we may find ourselves needing a little day-to-day support.

Since 1974, Senior Resource Association's (SRA) goal has been to keep seniors healthy and in their own home as long as safely possible.

"In-home services provide a variety of options for seniors to receive the help they need in the comfort of their own home, allowing them to age with dignity while maintaining their independence," says SRA President and CEO, Karen Deigl.

SRA's in-home services program can assist seniors with:

Light housekeeping like cleaning the kitchen, washing laundry and tidying around the home. SRA's staff manages daily chores to keep the senior's home clean and safe.



Personal care to assist the senior with showering, dressing, brushing their teeth and other daily tasks that are no longer easy for them to perform independently.

Companionship to regularly interact with a kind, friendly caregiver who helps the senior remain mentally active and prevents feelings of isolation and loneliness.

Medication management for those who need assistance organizing their prescriptions to ensure medications are taken as directed.

Emergency alert device to provide fast, reliable 24/7 help in case of an emergency. Even if the senior cannot reach a phone, help is at the push of a button, giving peace of mind to seniors and family members.

Respite offers caregivers temporary relief from the demands that come with 24-hour care at home. SRA ensures your loved one receives the attention and interaction they need while you take a break from caregiving responsibilities to rest and recharge.

Additional in-home services include pest control, durable medical equipment, and emergency home energy assistance for past due electric bills.

Not sure where to start? SRA can provide information on available resources.



Call 772.569.0760 or email info@sramail.org for program information and eligibility requirements.

772.569.0760

VERO BEACH: 694 14th Street
SEBASTIAN: 815 Davis Street



Family Fun Day

Saturday, February 24, 2024

11:00 a.m. – 2:00 p.m.

445 24th Street, Vero Beach

(at the Parc24 building on Indian River Blvd., just south of Royal Palm Pointe)

You're Invited to join the Visiting Nurse Association and local providers of family services at the VNA Family Fun Day. Learn about the variety of services the Visiting Nurse Association offers along with other local providers of family services for kids ages 0-99+.



For more information, contact Jessica Nettles
772.924.4957
www.vnatc.com



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Cleveland Clinic
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by Colleen Symanski, RN, CDCES, Health Coach

Sleep Hygiene

The term 'sleep hygiene' intrigues me. It is a phrase gaining a lot of attention. I automatically think of a shower before bedtime and clean bed sheets. It's actually much more than that. If we don't sleep well our health suffers in several ways. It can cause weight gain, fatigue, difficulty concentrating, and low motivation. A great night's sleep is powerful.

Hygiene is actually more than cleanliness. It is a science as well as a practice that improves health. So, when your health care professional mentions 'sleep hygiene' ask them to tell you more. We are going to explore sleep hygiene concepts and how you can embrace them daily.

Our bodies have a natural circadian rhythm that helps with sleep. We tend not to listen to our body and try to override what is natural. Stress, eating late, and medications are a common disruptor of good sleep. A desire for success and do more in less time is a sleep thief. Working night shifts is also a challenge.

Let's talk about sleep hygiene. Our body naturally knows how to prepare for slumber. Melatonin, a natural hormone kicks in when it begins to get dark. This is when we should seek a cool and relaxed state. The day is done. Don't fight it; embrace it. Attempts to disrupt our normal circadian rhythm create a mal-adjustment.

Sleep hygiene is an important aspect of self-care. Sometimes we know it as "getting a good night's sleep." Sleep is actually a necessity for well-being. Listed below are some tips that promote a better night's sleep.

The Body

- Try to finish eating dinner by 630 PM. If you like a snack before bedtime, have it before 8:00 PM. It is also ideal to make dinner the lighter meal of the day if that works for you and your family.

- Avoid hot showers or vigorous physical activity before bedtime so the body does not heat up when it wants to cool down. If you like showering in the evening, try to do so about 90 minutes before bed. Early exercise is good for the body.
- Stop drinking alcohol within 4 hours of your bedtime. Alcohol creates an illusion of good sleep, but it actually fragments it and makes the liver work over-time.
- Dim the lights in the evening. Get light during the day.
- Rest your mind. Write down tomorrow's to-do's.

The Bedroom

- Create a bedroom that is soothing, cool, and doesn't have extra lights from electrical sources such as TV's or computers.
- Use curtains or blinds to block out light if needed.
- If you need night lights, try dimly lit and even motion-detected "night-lights."
- Limit extraneous noise. Soothing music, fans or "white noise" machines are options.
- Keep that cell phone out of the bedroom or on a night table versus under your pillow.
- Use the bedroom for sleep and sensual pleasures. NOT for work-related activities!

There are other factors that definitely influence how well we sleep. A new mattress might be needed. Certainly where we are in our life may influence our sleep pattern. Such as being a parent and waking up in the middle of the night to care for an infant or ill child. We may even find as we age sleep habits are not compatible with our significant other. Twin beds may be a solution or even separate bedrooms.

Get some good "zees" and wake up in the morning feeling refreshed and ready to start a new day.



Encompass Health Celebrates Joe Celento

Congratulations to Joseph “Joe” Celento! Joe has been selected as Encompass Health Rehabilitation Hospital of Treasure Coast’s Employee of the 4th Quarter and Employee of the Year.

Joe is originally from Rochester, New York where he completed an undergraduate pre-med degree at Rochester Institute of Technology. He completed his Pharmacy degree at Nova Southeastern in Fort Lauderdale Florida in 2015.

Joe has been a Pharmacist at Encompass Health Rehabilitation Hospital of Treasure Coast since 2019. He started his career with Encompass Health as a Per-Diem Pharmacist while he was working as a Pharmacy Manager at CVS.

Even after he and his wife moved back to Rochester for a couple of years to care for family, Joe continued to work remotely for the Encompass Health Regional Pharmacy Team processing prescriptions. The staff at Encompass Health of Treasure Coast were thrilled when he decided to return to Florida this past year.

Joe goes above and beyond to ensure that patients have a safe and extraordinary experience with Encompass Health Rehabilitation Hospital of Treasure Coast. Joe routinely participates in their discharge education classes for both patients and their family. He does an excellent job overviewing the safety measures in the medication reconciliation process, medication administration processes, and preparing patients for what to expect upon discharge. Frequently, he takes time to explain medications and their potential side effects to patients and their family in language that is easy for patients and family to understand.

Joe’s care and attentiveness to the patients at Encompass Health Rehabilitation Hospital of Treasure Coast is immeasurable. There are many examples of Joe’s thoughtfulness and consideration, like the one recently when a patient and family changed their mind regarding their preference of pharmacy. Their preference would have caused delay of the patient’s prescriptions at the retail pharmacy. Joe not only faxed the prescriptions, but he drove to the pharmacy and hand-delivered the paper prescriptions to the retail pharmacist to ensure



Joe celebrating with his wife Steffany Celento

that the prescriptions were ready upon the patient’s discharge. Joe’s care ensured that essential medications were available.

Joe is eager to help other departments and ensures that pharmacy processes are safe and effective for patients. Encompass Health Rehabilitation Hospital pharmacy recently switched to the regional remote pharmacy service for after-hours coverage, which improved efficiency, and Joe created the “playbook” for the regional pharmacy to ensure that their covering pharmacists were aware of the formulary and other safety information.

“Joseph has been such a beneficial addition to our well-respected team! He eagerly says, “can I help you with that?” all the time, and then readily follows through. Staff come up to me all the time to tell me how much they appreciate Joseph’s willing assistance! He is very well respected by our medical staff, too. We all appreciate his very easy-going nature and his stellar work ethic!” – ANN MILES, director of Pharmacy Encompass Health Rehabilitation Hospital of Treasure Coast

“Encompass Health Rehabilitation Hospital of Treasure Coast has the strength and resources of the corporate office but the atmosphere at the hospital is very personable. You never feel like just another number. I have never regretted a day starting work here.” – JOE CELENTO, Pharmacist, Encompass Health Rehabilitation Hospital of Treasure Coast

Project Lifesaver *continued from page 13*

internationally by public safety agencies, and is strategically designed for “at risk” individuals who are prone to the life-threatening behavior of wandering. In Indian River County, the PSL is offered through a collaboration of the Sheriff’s Office and The Alzheimer & Parkinson Association.

Each participant wears a device that emits a personalized radio frequency. Should they wander off, the caregiver is instructed to immediately call 911. The Sheriff’s Office has the receivers to detect the radio frequency which they use in their cars and helicopters. The search team has access to a database that our organization maintains which has comprehensive information on the lost individual: picture, frequency number, full family information and a five-page history that may help in determining where they are going, or how to approach them. The Sheriff’s Office can find them within 30 minutes in most cases.

In most counties the program is run singularly by the Sheriff’s Office and there is cost to the family. In this county, the A & P funds the equipment (approximately \$375 per piece), maintains the database, assures that each participant has fresh batteries and a strong signal emitting from the device.

All of us know the stories of those who have been lost. Help save a life and pass the word to families and friends about this important program!



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| <input type="checkbox"/> Eleni Anastasia Tousimis MD | <input type="checkbox"/> Scully Welsh Cancer Center | |
| | <input type="checkbox"/> Sebastian Chamber | |
| | <input type="checkbox"/> Senior Collaborative | |

Solution on page 47

supplements that you take and that they are reviewing that list when filling a new prescription. Additionally, ensuring that your allergy information is up to date with your prescribers and pharmacies is also very important.

- Ask questions! The healthcare team is considered a “triad” of the patient, prescriber and pharmacist. It is important to utilize each team member to ensure the best possible outcomes. And, sometimes, it is appropriate to discontinue a medication when initiating a new one, or even when a new one is not indicated, because the benefits are not worth the risks of side effects, long term effects or drug interactions.

- The federal government has some great resources to review and allow for you to plan visits with your healthcare professionals. Visit this website to learn more. <https://order.nia.nih.gov/publication/talking-with-your-doctor-a-guide-for-older-adults>

Working together we can all make a difference in patient outcomes and quality of life.

References: American Family Physician: <https://www.aafp.org/pubs/afp/issues/2019/0701/p32.html>

Talking with Your Doctor: A Guide for Older Adults <https://order.nia.nih.gov/publication/talking-with-your-doctor-a-guide-for-older-adults>

HAVE A BACK UP PLAN

Levemir Insulin Being Discontinued but Have No Fear!

Novo Nordisk, the pharmaceutical company that produces Levemir flex pen insulin has started discontinuing the flex pen. By April 1st it most likely will not be available. If you take Levemir flex pen insulin have your back up plan now.

Levemir and Lantus are both long acting insulins that have common similarities. The biggest difference is Levemir often requires twice a day injection at lower doses where Lantus can be injected once a day. Lantus is a replacement option.

It is important to talk to your health care provider and pharmacist about alternate insulins that are available. Please don't wait until you run out of Levemir before you have a back- up plan.



Senior Resource Association CEO Named Florida Public Transportation Association Board Chair

Karen Deigl, Senior Resource Association (SRA) President and CEO, has been elected 2023-25 Board Chair for the Florida Public Transportation Association (FPTA) during the FPTA's Annual Conference, held in Orlando. The FPTA is a nonprofit association representing 40 urban and rural transit systems across Florida, which includes public transportation systems and paratransit services.



*Karen Deigl,
President and CEO SRA*

“I’m honored to serve in a role where advancements support the transportation needs of all Floridians,” Deigl says, “because I’m a firm believer that transportation should never be a barrier for anyone.”

As SRA President/CEO, Deigl oversees GoLine, Indian River County’s zero-fare public transportation system, as well as Indian River and Martin counties’ Community Coach door-to-door paratransit programs for riders with no other means of transportation.

Lisa Bacot, Executive Director of Florida Public Transportation Association says “Ms. Deigl’s vast knowledge of public transportation in Florida makes her an ideal choice to lead our organization for the next two years. I look forward to working closely with her to continue our mission of supporting public transportation and improving mobility opportunities in Florida through advocacy, education, innovation, and partnerships.”

Under Deigl’s leadership, SRA has earned many transportation awards including the FPTA’s 2022 Outstanding Public Transportation System Achievement Award, 2022 Florida Transportation Commission Urban Community Transportation Coordinator of the Year, and the 2022 Treasure Coast Advantage Ride Program for the Innovation Award.

Recognized as a leader in the industry and community, Deigl has served as President/CEO of Senior Resource Association since 2006 and holds a master’s degree in health administration from the University of Florida.



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LOCAL PEOPLE

Making a Difference!

2023 SRA Chamber of Commerce Volunteers of the year



Derek Gerry was nominated by the Sebastian Rotary Club for his commitment to excellence within their organization. His dedication through volunteering his time and his creative abilities furthers their mission. In appreciation for his service as a Board Member and Past President the Sebastian Rotary is thankful.



Michelle Morris was nominated by the Sebastian Exchange Club for her commitment to excellence within their organization, specifically for serving as a Board member and as past Chair and current Co-Chair for the Blue Water Open Charity Offshore Fishing Tournament.



Joel Deputat was nominated by River Days and Craft Brew Hullabaloo for their appreciation and gratitude for his commitment to excellence within their organization, specifically for his fundraising efforts enabling their community service efforts.



Ilene Stacy was nominated by Helping Hands Community of the Treasure Coast, Inc. who expressed their appreciation for her commitment to excellence. Her dedication, reliability, and trust worthiness exemplify their mission of community service.



Amber Fallo was nominated by For The Love Of Paws. In appreciation and with gratitude of her commitment for their Paws Meals on Wheels program, providing pet food for Seniors and Low-Income Families in Indian River County.



Lilly Killpatrick was nominated by the Environmental Learning Center. In appreciation and with gratitude for your contributions to the children's educational programs and community activity programs on campus.

COMING EVENTS

- 2/24** VNA
VNA FAMILY FUN DAY
- Alzheimer & Parkinson Association of Indian River County
- 2/26** PARKINSON CONFERENCE
- 2/27** ALZHEIMER'S DAY OF HOPE CAREGIVER CONFERENCE
- 4/10** SUCCESSFUL AGING LUNCHEON with JANE SEYMOUR
- VNA and Women's Refuge
- 3/13** 2024 HEALTH & WELLNESS FORUM and LUNCHEON
- Senior Collaborative
- 3/21** SENIOR EXPO - March 21, 2024
- Sunshine Physical Therapy
- 4/6** 2024 WALK 'N ROLL HEALTH FAIR

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VNA and Women's Refuge 2024 Health & Wellness Forum *and Luncheon*

Guest Speakers and Panelists

Key Note Speaker

Dr. David Peter, Vice President & Chief Medical Officer, Cleveland Clinic Indian River Hospital

Lundy Fields, President/CEO
Visiting Nurse Association of the Treasure Coast

Diane Ludwig, Executive Director
Women's Refuge

Vicki Soule, Chief Executive Officer
Treasure Coast Community Health

Marie Andress, Chief Executive Officer, Whole Family Health

Dr. Phil Cromer, Chief Executive Officer, Mental Health Association in Indian River County

Dr. Wayne Creelman, Psychiatrist
University of Florida

Karen Diegl, President/CEO
Senior Resource Association

Dr. Rich Wyderski, Owner
Wyderski Health

MC/Moderator: Cindy Bryant
Indian River Publishing & Media Consultants, Inc

**Wednesday
March 13, 2024
11:00 a.m. – 2:00 p.m.**

Oak Harbor

4755 South Harbor Drive, Vero Beach

Tickets: \$125 per person

Doors open at 11:00 a.m.

**Visit with Speakers & Panelists
11:00-11:45 a.m.**

**Luncheon & Program
start at 12:00 p.m.**

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- Memory Screening
- Movement Programs
- Support Groups
- Project Lifesaver



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*Save
the
Dates*

February 2024:

Annual Parkinson's Conference
February 26

Annual Day of Hope
Caregiver Conference
February 27

April 2024:

Annual
Successful Aging Luncheon
April 10, 2024

Jane Seymour
Actress, Artist & Philanthropist

