

# Heartbeat™

OF INDIAN RIVER COUNTY

**LOCAL...LOCAL PEOPLE...LOCAL NEWS...**



## Collaborative Heart Care at Cleveland Clinic Indian River Hospital

*Meet James Wudel, MD, FACC, Director,  
Heart, Vascular & Thoracic Institute at  
Cleveland Clinic Indian River Hospital  
See page 8*



**Cleveland Clinic**  
Indian River Hospital

..... IN THIS ISSUE:

“Tech” Neck and Shoulder Pain **2**

Important Changes  
in Medicare **10**

VNA/Project Wish Brings  
Snow White to Hospice  
patient wish **20**

Local Veteran Organizations  
Bring Assistance to Vets **24**

## “Tech” Neck and Shoulder Pain

Spending too much with your technology? Is this relationship leaving you with fatigue, headaches, or pain? If yes, then it's time to:

- **Improve your posture.** This is best done with exercise that you are comfortable with and like doing. Consider taking a yoga class or consulting with a personal trainer; or both. They provide life-long benefits that you can also do on your own. Massage can also help with better posture.

- **Stretch frequently.** Again, consider taking a yoga class or consulting with a personal trainer. Perhaps every hour or so, stand up and just stretch. You can even use a plastic clothes hanger or stretch bands.

- **Limit screen time.** Embrace non-working hours for self-care opportunities that provides benefits such as walking, swimming, meditation or yoga. Turn off non-essential notifications to reduce overtime on screen time. Enjoy meals without looking at devices

- **Address your work space.** Bring in ergonomics such as a standing desk, better office chair, and proper armrests. Perhaps a standing laptop station or laptop bed station. Consider a lumbar or a pillow support and seat cushion. You can also use a small cushion or rolled-up towel to support your low back curve.

Start small with little changes and pay attention to positive results and what works and doesn't work. That 'tech' neck is telling you that you are spending too much time together or you need more tools and aids to prevent and treat neck and shoulder pain. Spend your money wisely. Consider consulting with professionals versus surfing the internet. Resist buying gadgets and fad items; purchase quality products and wellness services instead. Anything that we can do in our work relationship to prevent or reduce pain helps. Enjoy less stress and tension in your life; beginning now!



## + 24 HOUR OXYGEN SERVICE +



# Perkins Medical Supply

*Care You Deserve*



VISIT US FOR ALL  
YOUR MEDICAL NEEDS



**We Carry  
CPAP Machines**

- Full Masks • Nasal Masks
- Pillow Masks

Visit our East Vero Beach or  
Port St. Lucie locations  
for CPAP clinics  
to answer  
questions &  
instructions.



**SALES • SERVICE • RENTAL • REPAIRS**

WEST STORE

**569-3797**

4006 20th Street, Vero Beach

PORT ST. LUCIE

**337-4631**

10366 S. U.S. Highway 1

EAST STORE

**569-3798**

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

SEBASTIAN

**388-5251**

13000 US Highway 1  
Across from WalMart

WE BILL MEDICARE, MEDICAID & OTHER INSURANCE COMPANIES

[www.perkinsmedicalsupply.com](http://www.perkinsmedicalsupply.com)





3



13



15



32



44



47

# contents

- 3 Shop Perkins Medical Supply for Santa Senior Gifts
  - 13 Alzheimer & Parkinson Association Education & Connection
  - 15 Volunteer Ambulance Squad
  - 32 SRA Santa for Seniors
  - 44 Bob Marshbanks dedication
  - 47 Alzheimer & Parkinson Walk to Remember
- Ways to Shop and Donate Locally.....14  
 Myth or Fact.....17  
 SRA and Senior Collaborative Acquisition.....18  
 True Colors Salon & Spa Beautification .....22  
 Pelvic Floor Therapy .....28  
 Alzheimer & Parkinson Volunteer Appreciation Luncheon .....34  
 Senior Resource Association Volunteer Appreciation Luncheon .....38



**cover story**  
 Collaborative Heart Care at Cleveland Clinic  
 Indian River Hospital  
 Meet James Wudel, MD, FACC, Director, Heart, Vascular & Thoracic Institute at Cleveland Clinic Indian River Hospital on page 8

Heartbeat of the Treasure Coast is published by Indian River Publishers, Inc. (772) 473-6107, FAX (772) 242-9969. Every effort is made to provide dependable data; however, the publisher does not warrant that the data herein is complete or accurate. Any rates, special offers, etc. are subject to change by the individual advertisers and are not guaranteed by Indian River Publishers, Inc.

The information contained in Heartbeat of the Treasure Coast is believed to be accurate, but in some instances, may represent opinion or judgment. The digest providers do not guarantee the accuracy or completeness of any of the information and shall not be liable for any loss or damage caused, directly or indirectly, by or from the information. All information should be considered a supplement to and not a substitute for the care provided by a licensed health care provider or any other appropriate expert. The appearance of advertising in this digest should in no way be interpreted as product endorsement by the digest providers or publisher. ©2024 Indian River Publishers, Inc. All rights reserved.



## THE TRUSTED CHOICE

**Call us DIRECT: 772-563-4070**

*“You may be surprised to know you qualify for admission.”*

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.



[encompasshealth.com/treasurecoastrehab](http://encompasshealth.com/treasurecoastrehab)

©2021 Encompass Health Corporation: MyTurn



VOLUME 151  
COMPLIMENTARY

*Heartbeat of  
Indian River County  
is a locally-owned  
publication.*

**OWNER/PUBLISHER**  
Cindy Bryant

**DESIGN**  
Mike Renfro

**EDITOR**  
Colleen D. Symanski, RN, CDCES

**SPECIAL FEATURE WRITERS**  
Theresa Tolle, R.PH  
Peggy Cunningham, CEO  
Alzheimers & Parkinsons  
Assoc. of I.R. Co.  
Bobbi Kleinschmidt

*For sponsor rates  
and information,  
Call (772) 473-6107  
or Fax (772) 242-9969*

**Seek. Find.  
Win.**

Find these 5 symbols  
hidden in this issue  
and 3 LUCKY random  
drawing winners will receive  
**\$10 GAS GIFT CARDS.**



Email your results to  
cindy@indianriverpublishers.com

**Heartbeat™**  
OF THE TREASURE COAST

[www.HeartbeatOfTheTreasureCoast.com](http://www.HeartbeatOfTheTreasureCoast.com)

Veterans and their families made sacrifices to serve and protect us. Life is different for them in many ways. They often move every two years and live where they are assigned. Chances are good that they will be separated due to the nature of the job. Military life is also a wonderful experience to various cultures and to live in new places. My father was career Airforce, and I have many memories of what he gave and did for our country. I am thankful of the Veteran's benefits and recognition he received.

Veterans services and organizations such as the ones featured in this Heartbeat® help veterans and their families receive benefits and assistance they have earned through their service. They are right here in our community. Get to know them. Get involved any way you can. Read about them on pages 24 through 26.

Updates to Medicare changes, how a VNA Hospice patient's wish comes true, recognition of local Alzheimer & Parkinson Association and Senior Resource Association volunteers and beautifying ourselves for the holiday season. Plus more!



The Visiting Nurse Association.  
Helping you enjoy  
*what matters most.*



**Home Health • Hospice • Private Care  
Community Health Services**

Whether it's recovering from a surgery, learning to live with a life-limiting illness or you just need a little help with daily living activities, the Visiting Nurse Association (VNA) is here for you.

Call us to see how we can help you get back to enjoying what matters most to you, or visit [www.vnadc.com](http://www.vnadc.com) to learn more about the VNA.

*Choose local. Choose VNA.  
Your trusted source for home care.*  
**Call 772.567.5551 or visit [www.vnadc.com](http://www.vnadc.com)**



License# HHA299991281/HHA21276095/HPC5038096 • Hospice License Issued in 1986

Heartbeat of the Treasure Coast



# Collaborative Heart Care at Cleveland Clinic Indian River Hospital

## *Multidisciplinary team tackles most common heart arrhythmia*

Millions of people in the United States suffer from atrial fibrillation (AFib), the most common type of abnormal heart rhythm, including about one in 10 people 65 and older. This progressive heart condition is the result of a malfunction in the heart's electrical system, which causes the upper chambers of the heart to race and beat irregularly for minutes, hours or days.

"AFib significantly raises a person's risk for stroke, dementia, suffering a heart attack or developing heart failure," says James Wudel, MD, FACC, Director, Heart, Vascular & Thoracic Institute at Cleveland Clinic Indian River Hospital and the holder of the Dr. Carey L Stowe Endowed Chair for Cardiovascular Surgery. "Although these complications can be devastating, there are many treatment options available that can lessen AFib symptoms, improve quality of life and also improve one's cardiovascular health."

Due to the aging population in the United States, the prevalence of AFib is significantly increasing.

"It's a condition we see often here in Vero Beach and has a very high incidence across the Treasure Coast," notes Dr. Wudel. "Fortunately for our patients, Indian River Hospital has a highly experienced and collaborative team of cardiovascular specialists caring for patients with AFib and other life-threatening heart conditions."

### **Collaborative model of care**

The subspecialty-trained heart care team at Indian River Hospital includes diagnostic cardiologists, interventional cardiologists, electrophysiologists, heart failure specialists, cardiothoracic surgeons and vascular specialists.

"It takes a multidisciplinary team to care for patients with atrial fibrillation because many risk factors and comorbidities, like obesity, high blood pressure and diabetes, can lead to the condition and impact its progression," explains Dr. Wudel. "Plus, we now have many different ways to treat AFib, so we can really personalize our approach for each patient."

As a cardiothoracic surgeon, Dr. Wudel specializes in the surgical treatment of atrial fibrillation, as well as valvular heart disease and coronary artery disease. "We work collaboratively to recommend and provide the best treatment



*James Wudel, MD, FACC, Director, Heart, Vascular & Thoracic Institute at Cleveland Clinic Indian River Hospital.*

options, which may include medications, catheter ablation or surgery and, most often, a combination of treatments," he says.

As an example, Dr. Wudel often consults with Raghavendra Makam, MD, a cardiologist at Indian River Hospital who specializes in caring for patients with advanced heart failure. Notably, Indian River Hospital manages the highest volume of patients with heart failure across Cleveland Clinic's five-hospital regional health system in Florida.

"AFib and heart failure often go hand in hand because either can cause the other, so there is a lot of opportunity to work together," adds Dr. Wudel.

### **Elevated stroke risk**

Because patients with AFib are five times more likely to suffer a stroke, one of the most important aspects of AFib management is stroke prevention.

An irregular heart rhythm can decrease the heart's ability to pump blood effectively, causing blood to pool and clot in an area of the heart called the left atrial appendage (LAA). This small sac in the wall of the upper left chamber (atrium) of the heart is where more than 90% of AFib-related clots form.

"A blood clot in the heart may travel and eventually reach the brain, causing





# Important Changes to Medicare Plans for 2025! Have a plan for Open Enrollment.

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

In 2022 the federal government passed the Inflation Reduction Act (IRA) to help reduce out of pocket costs for Medicare beneficiaries. Some of those provisions went into effect in 2024 including the reduction of insulin copays to \$35/month and certain vaccinations being provided for no copayment (i.e. Shingles vaccine).

As we approach 2025, there are significant changes to Medicare Part D that seniors should be aware of. These changes are further implementations of the IRA and aim to make prescription medications more affordable and accessible. These are the most significant changes to Medicare Part D since its inception in 2006, so it is important to pay attention and be prepared to do a plan review during the upcoming open enrollment period October 15-December 7, 2024. Below is a summary of the 2025 changes.

- **Plan deductibles will increase from \$545 (in 2024) to \$590 (in 2025)**

- **\$2,000 Out-of-Pocket Cap:** One of the most impactful changes is the introduction of a \$2,000 annual cap on out-of-pocket spending for prescription drugs. This means that once you have spent \$2,000 on covered medications, you won't have to pay any more out-of-pocket costs for the rest of the year.

- **Elimination of the Coverage Gap:** Commonly known as the “donut hole,” this gap in coverage will be eliminated. Previously, after spending a certain amount on medications, beneficiaries had to pay a higher share of drug costs until they reached catastrophic coverage. This change simplifies the payment structure and reduces costs for beneficiaries.

- **Monthly Installment Payments:** Starting in 2025, Medicare Part D plans will offer the option to spread out-of-pocket costs over the year through

capped monthly installment payments. This can help manage expenses more effectively. You won't pay anything at the pharmacy counter but will be billed for these payments.

- **Expanded Access to Mental Health Services:** More mental health counselors will be encouraged to enroll as providers, increasing access to mental health care for Medicare beneficiaries.

On the surface the thought of paying less out-of-pocket for drug costs seems very appealing, however, costs may not be less! Many experts are anticipating that plans are going to increase the monthly premiums to offset the changes they are experiencing from this government mandate. Other anticipated cost increases can be the monthly costs of medications and/or formulary changes that won't pay for medications that are currently covered in 2024. David Lipshutz, Co-Administrator of the Center for Medicare Advocacy, stated that few beneficiaries do plan reviews annually because they stick with what they have or they don't compare. He further stated “you need to shop around and ensure your drugs are covered under your plan. Unfortunately, Medicare Advantage (MA) and Part D private plans have built a system for savvy, active, and engaged consumers. The system relies on people to compare choices and make decisions in their best interest.”

A few suggestions to be prepared for the upcoming open enrollment period:

- **Review Your Annual Notice of Changes (ANOC) Letter** - Carefully look over your letter to review anticipated changes including costs, formulary and provider changes (if you have a MA plan).

- **Review Drug Coverage and Costs** - Ensure any medications you take today are still covered, and determine if the drug's tier (and your costs) have changed.

- **Review Costs Holistically** - The costs that impact your budget go far beyond your monthly premiums. Your deductibles, copays, and ease of access to services all figure into the final amount. “While premiums are an important factor, we urge consumers not solely to rely on monthly premiums when choosing a plan,” said Lipschutz. “If you always go for the lowest premium, you may get what you pay for. Low premiums often mean higher costs or a less robust formulary, which applies to MA plans too.”

*continued on page 37*

MEDICARE



COSTS



INSURANCE



DOCTOR



HEALTH CARE



EMERGENCY



CLINIC



MEDICINE

Choose YOUR BEST care.



Est. 1993

## TREASURE COAST COMMUNITY HEALTH

Convenient, cost-effective healthcare.  
Under one roof. Close to home.

- Medical, Dental, Vision, Behavioral Health
- In-house Lab, X-ray and EKG
- Pharmacy:  
Discounts, Delivery, Medication Management
- 8 Locations:  
Fellsmere, Sebastian, Vero Beach
- Private Insurance, Medicare, Medicaid, Self-pay

New patients welcome.

772-257-8224

[www.tcchinc.org](http://www.tcchinc.org)



SCAN ME



ALZHEIMER  
&  
PARKINSON  
ASSOCIATION  
OF INDIAN RIVER COUNTY  
2300 5th Avenue  
Suite 150  
Vero Beach, FL 32960



Peggy Cunningham,  
Executive Director



## Education & Connection

**SCENARIO 1:** You've realized that your loved one's memory issues are changing your roles and your relationship. The burden of caregiving is beginning to take a toll. The future isn't going as planned.

**SCENARIO 2:** You've been diagnosed with Parkinson's disease. While your case is considered to be in the early stages, you feel vulnerable, isolated and unsure of the road ahead. Your whole world is changing.

In both of these scenarios, support, education and connection are part of the toolkit you need to assemble. The goal of the Alzheimer & Parkinson Association is to provide these tools. When you call, our first task will be to sit with you and learn about your situation and challenges. Understanding your options, knowing that you don't have to take this journey alone, and seeking education and informed strategies will truly make a difference to your journey. Surround yourself with positive strength and allow yourself to draw from those moments of clarity. Both of these scenarios can be filled with wonderful lessons learned – so be prepared to explore and occasionally fall. The support system is there to lift you back up. It comes in the form of support groups, social respite, movement classes, educational workshops, and conferences.

Connecting with others who can lift you up and reinforce the positive moments is the best strategy. It's been said that when you can't change the direction of the wind, just adjust your sails. We are here to help you do that with a professional team and comprehensive toolkit to guide the way! Call us at 772-563-0505 or visit [www.alzpark.org](http://www.alzpark.org).



## Show Support - Shop or Donate!

Over the years, HeartBeat has featured local non-profit organizations that help people. Some of them have resale stores to help support their efforts. We want to share more about how you can support them by shopping and donating to them.

**VNA Hidden Treasures** • 656 21st Street, Vero Beach • 772-563-0010  
*Helps patients and caregivers needing home health, hospice, private care and community health services.*

**Women's Refuge Resale Shop** • 1615 10th Ave, Vero Beach • 772-567-3598  
*Supports life-changing programs for women.*

**St. Vincent DePaul Society** • 475 14th Ave, Vero Beach • 772-567-6774  
*Helps to generate jobs, funding and support for programs to feed, clothe, house and heal people in need.*

**St. Vincent DePaul North County** • 5480 85th St, Vero Beach • 772-589-3338  
*Helps to generate jobs, funding and support for programs to feed, clothe, house and heal people in need.*

Listed below are four non-profits with resale stores that provide support to people in our community. We look forward to sharing more about them.

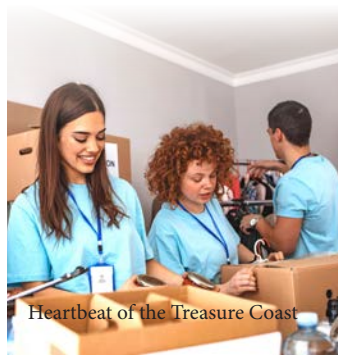
**Halo's Rescued Treasures Thriftique Thrift Store** • 911 US Hwy 1, Sebastian • 772-571-6725  
*A no-kill animal shelter that helps find homes for abandoned and foster families as well as for ever homes.*

**Humane Society of Vero Beach and Indian River County**  
 • 4575 US Highway 1, Vero Beach, FL. 772-567-2044  
 • 441 Sebastian Blvd #4552, Sebastian, 772-589-0323  
*A shelter that helps find homes for abandoned and foster families as well as forever homes.*

**Love for Paws** • 931 12th Street, Vero Beach • 772- 539-2417  
*• Find foster or permanent homes for senior citizens when they can no longer care for their pets when going into Hospice, Memory Care, Nursing Homes, Assisted Living or Rehab; and have no one to care for their pet.  
 • A pet food bank to help those in need to keep their pets.*

**Tambourine Resale Shop** • 1615 10th Ave, Vero Beach • 772-562-0017  
*Helps women, children and families in need.*

The above organizations provide valuable services to others and their resale stores help supplement their funding for what they do to help others in our community. So donate, volunteer, or shop!



Heartbeat of the Treasure Coast



## IRC VOLUNTEER AMBULANCE SQUAD

PROVIDING NON-EMERGENCY MEDICAL TRANSPORTATION

The Indian River County Volunteer Ambulance Squad (IRCVAS) provides free non-emergency transportation for ambulatory and wheelchair-bound passengers from their place of residence to and from medical appointments within Indian River County.

IRCVAS is a non-profit organization and is funded strictly by donations. **No fee is charged for transportation.**

Passengers who request transportation services must reside and have medical appointments within Indian River County. IRCVAS accommodates both ambulatory and wheelchair-bound individuals.



### How to Request Transportation

IRCVAS recommends at least a two-week advance notice to schedule times for transportation to and from medical appointments. The earliest scheduled pickup is 8:30 AM and the latest ride home is 2:00 PM, Monday through Friday. All requests must be made by calling (772) 231-1230.

### Volunteer Drivers Needed!

A dedicated group of men and women volunteer drivers is the backbone of the Squad. Each driver volunteers one or two days per week to transport passengers to and from medical appointments. All drivers are trained according to IRCVAS protocols and strive to provide the safest, most courteous on-time service every time.

**IRCVAS seeks additional volunteers who fit our profile: Courteous, respectful, dedicated and willing to help. For more information, please call (772) 231-1230.**



# SENIOR expo



Presented By Senior Resource Association

**March  
27  
2025  
9 AM - 2 PM**



Indian River County Fairgrounds  
7955 58th Avenue  
Vero Beach, FL 32967

Premier Sponsor



Senior Resource  
ASSOCIATION

772.569.0760

SeniorResourceAssociation.org

Heartbeat of the Treasure Coast

# FACT OR MYTH?

by Colleen D. Symanski, RN, Certified Diabetes Care and Education Specialist

## Drink 8 glasses of water a day!



Chances are you have heard the rule of thumb is to drink 8 ounces of water daily. But is it a myth or a fact? Let's read on to discover the answer.

"Drink 8 glasses of water a day" is a misquote since 1945; when the Food and Nutrition Board of the National Research Council issued a guidance on fluid intake. What they actually stated was adults should take in about 2.5 liters per day through the consumption of food without the need for additional drinking of water. They stated most met /meet that. Nutritionists explained a shortfall in water intake could be made up through beverages such as coffee, tea, milk, or soft drinks, not specifically water. Of course try to choose the lowest sugar choices.

The Council reported evidence that individuals in hot, dry climates, as well as athletes, have an increased need for water. In addition, people with certain diseases benefit from increased fluid intake. You might need to drink more water if your urine is dark yellow, or you don't urinate regularly. Severe vomiting and diarrhea can cause dehydration.

Certain diuretics, blood pressure, and diabetes medications can increase the risk of dehydration because they work by preventing reabsorption of fluids. Always ask your health care providers. Alcohol causes increased urination which can bring on symptoms of dehydration. Such as increased thirst, fatigue or a headache. Consider low alcohol or alcohol-free choices.

Water-rich foods like soups, preferably homemade versus canned soups which are often high in salt. Also eat fruits, and vegetables to help you stay hydrated. Eat your juice versus drinking it. Enjoy high water foods like watermelon and spinach as well as cucumbers, celery, radishes, watercress, grapefruit, cantaloupe, and strawberries.

Drink or eat about eight glasses of fluid a day and of course when you are thirsty!



Heartbeat of the Treasure Coast

## Senior Resource Association Expands its Reach with Acquisition of Senior Collaborative Programs

Senior Resource Association, the Area Agency on Aging's lead agency for home and community-based care for the elderly in Indian River County, will acquire three programs currently managed by the Senior Collaborative Indian River County, a non-profit organization created to improve the quality of life for seniors.

"We are thrilled about the potential this brings," said Karen Deigl, Senior Resource Association President and CEO. "By integrating the strengths of both organizations, we can create a more robust and comprehensive support system for our older population."



To continue offering these valuable programs to the community, Senior Resource Association will assume the annual Senior Expo event and the Navigation and UPSLIDE programs starting October 1, 2024.

- Senior Expo: Annual event bringing together more than 90 vendors, offering the community free medical screenings, vaccinations, and valuable information on senior services.
- Navigation Program: Comprehensive database connecting residents, their families, and caregivers to various resources, including housing, transportation, food, financial assistance and more.
- UPSLIDE: Program combatting loneliness and isolation among seniors through social engagement. Weekly meetings include peer groups, social

*continued on page 29*



772.569.0760 • [www.SeniorResourceAssociation.org](http://www.SeniorResourceAssociation.org)

VERO BEACH: 694 14th Street

SEBASTIAN: 815 Davis Street

## JDRF, Juvenile Diabetes Research Foundation has a new name: Breakthrough T1D.

JDRF, Juvenile Diabetes Research Foundation, was founded in 1970 by families who had children living with type 1 (T1) diabetes. At that time, it was believed that T1 occurred mostly in juveniles. Turns out that T1 occurs in adults as well. T1D is an autoimmune disease that causes the pancreas to make little or no insulin.



June 2024 JDRF, rebranded as Breakthrough T1D. The following is from their press release. "Over the course of our 50+ year history, our organization, community, and T1D science have evolved. People with T1D are living healthier, longer lives thanks to the life-changing research, access, and educational breakthroughs we've advanced together.

Our new brand reflects who we are today and the future breakthroughs we're pursuing for the T1D community. No matter where you or a loved one is in their T1D journey, we are here for you. Our new purpose statement says it best:

- As we drive toward curing type 1 diabetes, we help make everyday life better for the people who face it.
- Our logo and visual identity evoke breakthroughs, both big and small for the T1D community.

Our new name physically breaks through a burst in the color of diabetes awareness: blue."

Breakthrough T1D's website is <https://www.breakthrough1d.org/>.



## One VNA Hospice Patient's Lifelong Wish Comes True Thanks to Project Wish

As we get older, too often that magical rapture we experienced as children during holidays, in special places or inspired by special people, leaves us. But for the lucky few, it remains. VNA Hospice patient, Doris Gazda, is one of those fortunate few, and it's thanks to Snow White. At 82-years-young, and with all her faculties intact, Doris' passion for the leading Disney lady is as strong as



ever. Her VNA Home Hospice care team, including her beloved music therapist, Paloma Infante, took note - how could they not when Doris had an entire armoire filled with mini statues of various versions of Snow White and the Seven Dwarfs, in addition to a few other Disney characters? Moved by Doris' visible passion, they informed the VNA Director of Volunteer Programs and Hidden Treasures Thrift Store, Sara Bumgarner, who jumped into action and planned an amazing

afternoon luncheon, which included transportation to a surprise location and that was funded by Project Wish, a VNA & Hospice Foundation-supported program that grants wishes to end-of-life patients.

When the van came to pick up Doris for the outing, she was surprised to be taken to McKee Botanical Garden in Vero Beach, a place she hadn't been to in eons. "I said, 'Why the heck am I going to McKee Garden?' Little did I know, soon we're sitting down at a table with beautiful napkins and placemats and all these nice ribbons and various colors in front of me, and at the end of the table everybody was sitting around, and Paloma is over there, and then Snow White walks in - that girl plays the part so perfectly - and she's got a beautiful voice," said Doris. As if it couldn't get any better, Doris recounted, Paloma presented her with a picture of Snow White, who was played by a friend of Paloma's from

college, Carly Graef, a music therapist in West Palm Beach. At the bottom of the picture, "Snow White" wrote a note that read: 'To Doris from Snow White,' which thrilled Doris. "She's got beautiful handwriting; that girl never left character, and it was so delightful, and they had sandwiches and stuff, although I could have cared less about the food. You have all this wonderment around you, and Snow White would sing any song I wanted, and Paloma knew them too because she used to sing a lot of songs from Disney."



Doris' joy was visible to all. "Her smile was contagious," said Paloma. "The luncheon was a success! We came together as a team, and all brought something special to help Mrs. Doris' dream come true. We had Disney come to her! I wanted to do my best of making the experience as interactive as possible. By having Snow White there, Doris was able to share all her stories and sing her favorite songs with the character she loves most." The VNA Director of Volunteers and Hidden Treasures concurred: "Mrs. Gazda was beside herself with Joy. She immediately began to tell Snow White about her Snow White collection," said Sara, adding a few compliments for Snow White herself. "She volunteered her time! She was engaged with the patient the entire time. She never broke character. Her voice was amazing!"

And there's no doubt that Doris savored every moment. "There's not a thing in this world, and there never will be anything that could bring such joy... never, never in my life could I imagine such joy," she said, with a sparkle in her eyes.

And it turns out Doris' love for, and loyalty to, Snow White - and the seven dwarfs - paid off in spades about 35 years ago when Doris was at Palm Beach International Airport trying to go through security en route to visit her mother in Massachusetts and discovered that she had left her driver's license at home. "Security said, 'Do you have anything with your picture on it? I had nothing, and then I remembered I had several pictures of me with Snow White and the seven dwarfs that I had taken recently at Epcot, one photo with each of them individually that I was going to show my mother," said Doris. "So, the guy's looking at the pictures, each one of them a separate picture, and then let me go through. I was able to get on the plane."

*continued on page 43*

Never underestimate  
the power of looking like  
the best version of yourself!



- Tier system of stylists - a stylist for every guests schedule and/or budget.
- 6000 sq ft facility hosting the most talented stylists in the Treasure Coast.
  - All stylists are advance color and cutting specialists.
    - Haircut, blow dry, and style starting at \$58<sup>00</sup>.
    - Manicures, Gel Manicures, and Pedicures!
  - Massage: Swedish, Therapeutic, Deep, Sport, Hot stone and more!
    - Premium color products customized to your individual needs! .
    - Electrology! Permanent hair removal for all hair types.
      - 100% Guaranteed experience.

True Colors  
Salon & Spa





# Veterans Services in Indian River County

It is our honor to share with you the organizations available to our veterans in Indian River County. You cannot write about just one; they are interconnected. They support one another. Honoring veterans means we also promote the benefits available and increase the number of Veterans and their families receiving them. As well as care and support. If you are a veteran or a family member reach out to these organizations. Don't assume you are not eligible. Benefits and services change.

We have the Veterans Services for Indian River County, the Veterans Council, Vietnam and All Veterans of Indian River County, Next Gen Vets of IRC, and the American Legion. So, let's get familiar with them.

## Veterans Services for Indian River County Veterans

The Veterans Services office provides veterans in Indian River County full access to State Certified Veterans Service Officer's, who provide updated information, counseling, and direction regarding available veteran's services. They assist veterans and their families in preparing, filing, and appellate procedures. They are a forum to keep our community informed of the needs of veterans and changes to laws. Listed below are examples that Benefits Assistance covers :

- Service Connected Compensation Claims
- Non-service Connected Pensions
- VA Health Care
- Education
- VA Guaranteed Home Loans
- Burial Benefits
- Dependents and Survivors Benefits
- Lost Military Records
- Homestead Tax Exemptions



The website for Indian River County's Veterans services is: [https://indianriver.gov/services/general\\_services/veterans\\_services.php](https://indianriver.gov/services/general_services/veterans_services.php). Melissa Arndt, is the Veterans Services Manager and her telephone number is (772) 226-1397. Michelle Auton is a Veterans Services Officer whose main office is located in Sebastian. Her telephone number is (772) 226-1145. Michelle also spearheads community outreach events. Please reach out to Melissa or Michelle with any questions or needs you have.



## The Veterans Council of Indian River County

The Veterans Council of Indian River County mission is: "To support all Indian River County veterans and their families while raising awareness of veteran needs and their contributions to society." Their services are offered to qualifying veterans at no cost due to charitable donations and grants.

Programs and services include:

- Emergency financial aid to veterans facing immediate financial crisis, including housing, utilities, medical bills, necessary home repairs, and other critical needs.
- Case Management & Access to Resources. With over 130 community partnerships established
- Veteran Advocacy & Outreach
- Assistance Navigating Veterans Affairs (VA): Navigating the VA can be overwhelming. Many veterans are often not claiming benefits they are eligible for, including healthcare services, educational benefits, disability eligibility, & more.
- Non-emergency bus service to transport veterans from Indian River County to the VA Hospital in West Palm Beach as well as to some local medical appointments.
- Veterans in the Classroom send veterans to local schools. Veterans explain how patriotism, honoring veterans, and respect for the American flag should be an integral part of American life. The students have the opportunity to hear first-hand accounts of military service, history, and patriotism.

Veterans may apply for services by calling 772-410-5820 or email [info@veteranscouncilirc.org](mailto:info@veteranscouncilirc.org). 1790 14th Avenue , Vero Beach. Web: <https://www.veteranscouncilirc.org/>. Cynthia Ryan, MPA is the Executive Director.



## Vietnam and All Veterans of Indian River County

Vietnam and All Veterans of Indian River County assists Veterans who have Fought the Battle for Our Freedoms. Meetings are on the 1st Wednesday of every month. Meetings are held at the Vietnam Veterans of

*continued on next page*

Indian River County Inc. Office is located at 1956 41st Ave., Suite C, Vero Beach, Florida. Web: <https://www.vvirc.org/index.html>



### Next Gen Vets of Indian River County

Next Gen Vets of IRC is a 501c3 non-profit organization whose mission centers around veterans of all branches from the Iraq-Afghanistan conflicts from 1990 to present, their families and the people that support them. They engage in social gatherings, plan events, foster programs for health and well-being, and drive community awareness for the issues that impact these veterans,

their families and friends.

Next Gen Vets of Indian River County helps facilitate a number of PTSD support groups for veterans and first responders with the help of American Gold Star Mothers of Indian River County. Veterans take care of their own and we don't leave you behind. Come meet your battle buddies. Visit their website at <https://www.ngvirc.org/>



Department  
of Florida

### The American Legion

The American Legion is built on a promise from men and women

who swore with their lives to defend and protect the United States through military service. The promise begins at enlistment, grows through training and discipline in the U.S. Armed Forces and continues after discharge, as veterans in service to community, state and nation. Join them at the following:

- Post 39: Post Home: Felix Poppell Post 39, 1535 Old Dixie Hwy, Vero Beach, FL 32960
- John Wright Post 181, 4630 36th Ave, Vero Beach, FL 32967
- Charles L. Futch Post 189, 807 Louisiana Ave, Sebastian, FL 32958

The dedication these organizations offer is essential to honoring veterans and their families. But it doesn't stop with them. Save and share this information. Consider volunteering or donating to them to keep these services viable. Ask how you or your business can help.



## Birthing experience gets a boost in Vero Beach

Maternity care for women in the Vero Beach community will soon be enhanced. On September 9, 2024, Cleveland Clinic Indian River Hospital launched a major, year-long renovation of its Labor and Delivery and Mother Baby Units.



Designed to create a comforting and memorable experience for mother and baby, the expanded units will include: five labor and delivery rooms; three triage beds; and a cesarean section (C-section) surgical suite. Fifteen contemporary mother-baby rooms will enhance the unit's commitment to family-centered care with ample space for the birthing experience, welcoming family and visitors, and accommodating multiple births.

"Thanks to the support of our generous donors, this renovation will boost our ability to provide families in our community with comfort and confidence as they welcome a new baby into their lives," says George Fyffe, MD, Chair, Obstetrics and Gynecology Department, Cleveland Clinic Indian River Hospital. "We have long been committed to transforming birth experiences and delivery outcomes by improving the quality of care, reducing C-sections, decreasing risk factors for all populations and adding services for at-risk populations."

Through a partnership with Indian River County Healthy Start, Cleveland Clinic Indian River Hospital also offers expectant mothers a doula program, lactation consultation and the Mother Baby Home Care Program.

The doula program, available to all expectant women in Indian River County, offers a non-medical support person to help women through their pregnancies, birth and during the postpartum period. Since the hospital began offering the program in 2016, doulas have become a valued part of the obstetrical healthcare team.

"Cleveland Clinic Indian River Hospital is proud to invest in our community by providing our newborns with the best possible start in life," says Dr. Fyffe. "We have a model program which will continue to provide exceptional care for moms and babies."

To learn more about obstetrics and maternity care at Cleveland Clinic Indian River Hospital, visit [ClevelandClinicFlorida.org/Maternity](https://ClevelandClinicFlorida.org/Maternity) or call 877.463.2010 to schedule an appointment.



**WE ARE EXCITED TO ANNOUNCE WE ARE NOW OFFERING...**

# PELVIC FLOOR THERAPY



**LET'S CONNECT!**



**Dr. Nicole Plumley PT, DPT**

Dr. Nicole Plumley is a Herman & Wallace trained Pelvic Floor Physical Therapist currently accepting new patients. Dr. Plumley brings her extensive knowledge and compassion to each therapy session and is passionate about equipping her patients with the education and resources to take back control of their lives.

To schedule an evaluation and learn more about how you could benefit from pelvic floor physical therapy, call **Sunshine Physical Therapy Clinic** at **772-562-6877**

1705 17th Ave Vero Beach, FL 32960  
www.sunshineptc.org

**PELVIC FLOOR PHYSICAL THERAPY** is a specialized therapy service that treats:

- pregnancy/postpartum
- urinary incontinence
- pelvic organ prolapse
- pelvic pain
- sexual dysfunction and more



Providing one-on-one sessions to ensure personalized treatment plans to address each patient's unique needs utilizing techniques such as:

- pelvic floor strengthening and/or relaxation
- manual therapy techniques
- biofeedback, TENS, and other treatment methods.

## SRA Program Acquisitions *continued from page 18*

activities, and talk therapy sessions, helping participants build meaningful connections and improve their mental health.

The acquisition represents an opportunity to build upon Senior Collaborative's excellent work over the last six years, serving the needs of Indian River County's older population. Under the auspices of Senior Resource Association, the focus will be on maintaining the high-quality services that both organizations are known for while exploring new avenues to better serve local seniors.

"We look forward to the positive impact and continued benefits this will have for our community's seniors," says Vicki Soulé, Treasure Coast Community Health Chief Executive Officer and Senior Collaborative Board Chair, "Senior Resource Association's expertise and passion for helping older adults will ensure our programs continue to thrive and make a lasting impact."

For more information about Senior Resource Association's programs and services, call 772.569.0760 or visit [www.SeniorResourceAssociation.org](http://www.SeniorResourceAssociation.org).



**TREASURE COAST  
COMMUNITY HEALTH**

## Diabetes Support & Resource Group

- Light refreshments
- Meal ideas & self-care tips
- Diabetes stress help
- Open discussion

**11am - 1 pm • Last Tuesday of every month**  
**772-257-8224 ext. 1142**  
**UP CENTER 1400 27th St., Vero • Piper Room**



by Colleen D. Symanski, RN, Certified Diabetes Care and Education Specialist

# Want to wear a continuous glucose monitor (CGM) without needing a prescription or insurance approval? It's possible now!



I love cgms. They provide information about your blood sugar so you can make better decisions to improve your health and reduce the risk for diabetes. Historically, cgms were developed for people living with type 1 or type 2 diabetes. They still require a prescription. Insurance companies typically approve cgms for people on insulin or history of low blood sugars requiring the help of another person. Now there are 2 new cgm devices you can buy without a prescription and are self-pay.

**One is the Stelo made by Dexcom and the other is the Lingo made by Abbott.** They both monitor blood glucose continuously. Here's

what they have in common:

- Intended for Adults (18+ years) not on insulin
- Works well for people who have type 2 diabetes or prediabetes. Even users without a diabetes diagnosis.
- Helps users interested in tracking their glucose to make better decisions and changes .
- Not for users at risk for hypoglycemia as the systems are not designed to alert users to this dangerous condition.

Stelo works with most smartphones. Lingo currently requires an I-Phone. The Stelo and Lingo are paired with an application on your smartphone or other device; to continuously measure, record, analyze and display glucose values. The Lingo's app has a coaching program.

• **Stelo website information:** <https://www.stelo.com/en-us>. Order on line at: <https://www.stelo.com/en-us/buy-stelo-one-time>.

• **Lingo website for information:** <https://www.hellolingo.com/>. Order on line at <https://www.hellolingo.com/products>.

No matter which cgm you decide to go with, it is essential to learn everything you can about the benefits and tools your cgm provides. Otherwise it is useless. This best information is found on their websites. I am also here to help you. Call me at 772-501-0598 or email me at [colleenforahealthierme@gmail.com](mailto:colleenforahealthierme@gmail.com).

Keep Your Mind Active with our

# Sponsor Name Scramble

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

- |                                                          |                                                      |                                                          |
|----------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Advanced Motion Therapeutic     | <input type="checkbox"/> Luis Velazco Davila MD      | <input type="checkbox"/> Treasure Coast Community Health |
| <input type="checkbox"/> Alzheimer Parkinson Association | <input type="checkbox"/> Medicare Changes            | <input type="checkbox"/> True Colors Salon Spa           |
| <input type="checkbox"/> American Legion                 | <input type="checkbox"/> Mistyann Blue Miller MD     | <input type="checkbox"/> Vietnam All Veterans IRC        |
| <input type="checkbox"/> Bay Street Pharmacy             | <input type="checkbox"/> Next Gen Vets IRC           | <input type="checkbox"/> VeroBeach.com                   |
| <input type="checkbox"/> Bob Marshbanks                  | <input type="checkbox"/> Perkins Medical Supply      | <input type="checkbox"/> Veterans Council IRC            |
| <input type="checkbox"/> Brett Faulkner DO               | <input type="checkbox"/> Raghavendra Makam MD        | <input type="checkbox"/> Veterans Services IRC           |
| <input type="checkbox"/> CClndian River Hospital         | <input type="checkbox"/> Santa for Seniors           | <input type="checkbox"/> Volunteer Ambulance Squad       |
| <input type="checkbox"/> Encompass Health Hospital       | <input type="checkbox"/> Senior Expo                 | <input type="checkbox"/> VNA                             |
| <input type="checkbox"/> Glucose Monitoring              | <input type="checkbox"/> Senior Resource Association | <input type="checkbox"/> Walk to Remember                |
| <input type="checkbox"/> James Wudel MD FACC             | <input type="checkbox"/> Sunshine Physical Therapy   |                                                          |
|                                                          | <input type="checkbox"/> Theresa Tolle RPH           |                                                          |



# Santa for Seniors



Each holiday season, Senior Resource Association (SRA), with the help of our generous community, collects, packages and delivers more than 1,000 gifts to local homebound, elderly friends and neighbors who rely on SRA's programs and services.

Santa for Seniors' annual gift drive is a small way to show local seniors that they are thought of and cared for. The wish list contains weighted blankets, flatware sets, electric can openers, and many other specially requested gift ideas in a variety of price ranges.

For the health and safety of our seniors, gifts must be new, unwrapped and in their original packaging. SRA is unable to accept handmade or perishable items. Large gift bags and tissue paper are greatly appreciated.

"Our annual Santa for Seniors gift drive is a simple way to provide a much-needed sense of connection while bringing joy to our community's isolated and homebound seniors – because so many have no family or friends to share the holidays with," says Karen Deigl, SRA President and CEO.

There are many thoughtful ways you, your organization, and/or your community can help make the season merry and bright for those who are lonely and often forgotten.

### Purchase gifts for seniors

Choose from the Wish List and deliver them to a drop site listed on our website, SeniorResourceAssociation.org, or drop them at one of Senior Resource Association's three locations, Monday through Friday between 8:30 a.m.-5 p.m.

- Vero Beach: 694 14th St., Vero Beach 32960
- Sebastian: 815 Davis St., Sebastian 32958
- Transit Facility: 4385 43rd Ave., Vero Beach 32967



### Purchase from Amazon Wish List

Scan the QR code and deliver the gifts directly to SRA's Vero Beach location.

### Host a gift drop-box

SRA will deliver a Santa for Seniors holiday box to your home, clubhouse, business or house of worship, where people can drop off gifts when convenient. Spread cheer by engaging your staff, clients or neighbors in this heart-warming annual drive. Schedule drop-box and gift pick-up by SRA no later than Friday, December 13, 2024.

By supporting the annual gift drive, you can make a difference in the lives of older adults who may not have friends or family nearby or who cannot travel to visit loved ones.



The annual drive would not be possible without the commitment from our generous Santa's Workshop Sponsor, Cleveland Clinic Indian River Hospital; the Sunrise Rotary Vero Beach whose members distribute and collect donation boxes provided by White Glove Moving and Storage; and our dedicated staff and volunteers who rally the community to collect, package and deliver all the gifts.

Gift drop-boxes become available on Friday, November 1. The deadline for all donations is Friday, December 13. Gifts will be delivered to local seniors by December 24.

Help spread the joy to our community's seniors this holiday season! For questions about the annual Santa for Seniors gift drive, please contact Angela Bosman, Director of Marketing and Events, at 772.569.0760 ext. 119 or email [events@sramail.org](mailto:events@sramail.org).



772.569.0760

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





Peggy Cunningham (center) with Volunteers of the Year Carol Elia and George Geiger

## Alzheimer & Parkinson Association's Volunteer Appreciation Luncheon

The mission of the Alzheimer & Parkinson Association is to "To improve the quality of life for individuals and families in Indian River County who are affected by memory and movement disorders through support, education, and connections." A key word in our mission statement is CONNECTION, and our volunteers are critical for us to succeed in that mission. We were delighted to honor our volunteers in May, graciously hosted by Northern Trust. The two Volunteers of the Year were George Geiger and Carol Elia, the dynamic duo who entertains several times a month at the Social Respite Group, bringing music and joy to those with dementia. Honorable Mentions were bestowed upon Betsy Root and Enrique Sanchez. Volunteers are always needed for office help, memory screenings, social respite groups, Dementia Experience, fundraising, publicity, community outreach, activity kits and Project Lifesaver. To learn about our organization, visit alzpark.org or call 772-563-0505.



Seated: Roger Holder and Gabby Mischler;  
Standing: Courtney Sanchez and Maria Springer



Grace Haley and Miriam Marrero



Eileen O'Donnell and  
Mary Orticelli



Sue Hill, Susan Large, Susan Micheel,  
and Sue Schadt



Chasity Arensen and  
Lisa Harvey



Peggy  
Cunningham  
(center) with  
Honorable  
Mention  
Volunteers  
Betsy Root and  
Enrique Sanchez



# ADVANCED MOTION THERAPEUTIC

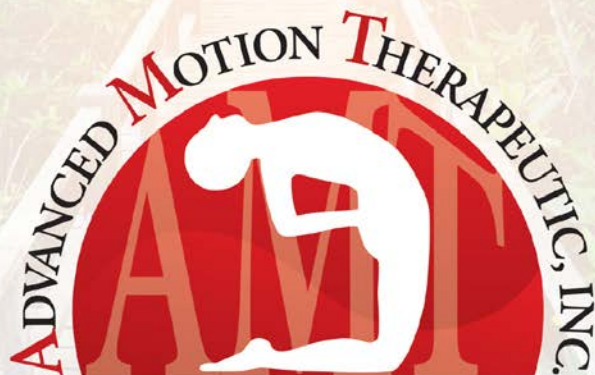
ADVANCED MOTION THERAPEUTIC  
SERVING YOU FOR  
**24**  
Years  
LOCALLY OWNED & MANAGED

- 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**

## Changes to Medicare *continued from page 11*

• Consider working with an agent or visit [www.Medicare.gov](http://www.Medicare.gov) and enter your medications to compare. In Florida, an organization called SHINE (Serving the Health Needs of Elders) provides FREE assistance for Medicare beneficiaries. Visit [www.floridashine.org](http://www.floridashine.org) or call 1-800-96-ELDER. Call or schedule early because they will be busy this season. Additionally, watch for local information sessions that may be held at libraries, community centers or via Zoom to learn more.

• Be sure to ask any agent you are working with about the new payment plan for prescriptions and if you might benefit from that plan. They can also help you get enrolled in that plan at the same time that you get signed up for your drug plan.

As you can see, 2025 will be a year with significant changes to the Medicare Part D and Medicare Advantage markets. Please review materials that you receive in the mail and engage with state or local organizations or health insurance professionals to assist with choosing the best plan for you and your family. Don't delay!

References: [www.medicareadvocacy.org/webinars](http://www.medicareadvocacy.org/webinars), [www.medicare.gov](http://www.medicare.gov), [www.floridashine.org](http://www.floridashine.org), [www.loweroutofpocketcosts.org](http://www.loweroutofpocketcosts.org)

## Bay Street Pharmacy

*Independently 2nd generation owned and serving the greater Sebastian area since 1984*



### Services we offer:

- Complete prescription services including compounding
- Compliance (bubble) packaging of monthly medications
- Delivery available from Grant to Fellsmere to Vero Beach
- Short wait times and always 2 pharmacists on duty to answer your questions
- Affordable on-site cholesterol and A1C testing with results in 5 minutes
- FREE monthly diabetes class on the 3rd Thursday at 8AM - call for details
- Complete vaccine services including shingles, pneumonia, flu, and others
- Full line of medical equipment - bathroom, walkers, lift chairs, hospital beds
- Respiratory services - CPAP, oxygen, nebulizers and supplies
- Young Living Essential Oils and Bariatric Advantage vitamins



Theresa Tolle, R.PH OWNER Honoring most insurance. We bill Medicare and private insurance.

7746 Bay Street • Sebastian • (772) 589-2043 • [baystreetpharmacy.com](http://baystreetpharmacy.com)  
North of SRMC in Bay Street Center on US 1 in Roseland



# Thank you to our amazing volunteers!

For 50 years, your unwavering dedication and selfless service have been the cornerstone of SRA's success. We are deeply grateful for your commitment and passion for helping seniors in our community. Thank you for making a difference!



Senior Resource  
ASSOCIATION

772.569.0760  
VERO BEACH: 694 14th Street  
SEBASTIAN: 815 Davis Street



a stroke,” says Mistyann-Blue Miller, MD, an interventional cardiologist at Indian River Hospital.

### Stroke prevention care

Patients diagnosed with AFib are typically prescribed anticoagulants, which are oral medications used to keep clots from forming. Unfortunately, these blood thinners can cause harmful bleeding, even bleeding in the brain. “As an alternative, we can now prevent blood clots by implanting a device called an occluder to seal off the opening of the left atrial appendage,” says Dr. Miller.

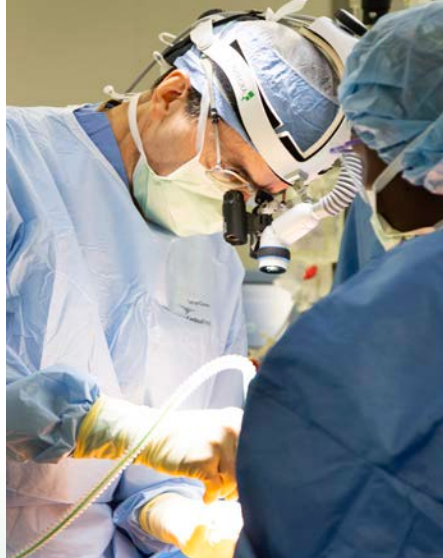
Left atrial appendage occlusion (LAAO) is often recommended for individuals who cannot tolerate blood thinners. The WATCHMAN FLX™ and Amplatzer™ Amulet™ devices are the most widely implanted LAAO devices, and both are used at Indian River Hospital.

“The occluders are designed to be implanted using a catheter-based approach, which involves threading a thin tube through a vein and into the heart,” says Dr. Miller. “We perform the procedure in our electrophysiology lab and use advanced imaging to see inside the heart to make sure the device achieves a good seal.”

### Innovative technology

Another option for some patients is to have their LAA surgically closed or removed as part of another surgery to treat AFib or heart valve disease. In both cases, the team at Indian River Hospital has access to the latest technology to deliver these advanced treatments. Dr. Wudel performs the surgical LAA closure procedure in a high-tech hybrid operating room that first opened in December 2023.

“We also have a state-of-the-art electrophysiology lab that accommodates diagnostic, therapeutic and interventional procedures, including the implantation of pacemakers and advanced therapies for heart arrhythmias like AFib,” reports Brett Faulkner, DO, Director of Electrophysiology at Indian River Hospital.



*Dr. Wudel specializes in the surgical treatment of atrial fibrillation, as well as valvular heart disease and coronary artery disease.*

The hospital’s electrophysiology (EP) lab allows cardiologists and cardiac surgeons to perform minimally invasive and catheter-based procedures for an array of conditions, including LAAO for stroke prevention, transcatheter aortic valve replacement for treating aortic stenosis, and transcatheter mitral valve repair to treat a leaky mitral valve.

### Expanding treatment options

One of the AFib treatments gaining prominence today is catheter ablation, a procedure also performed in the EP lab.

“We can restore a patient’s normal heart rhythm by creating small, precise scars in the heart to disrupt the faulty electrical signals,” says Dr. Faulkner. “Here at Indian River Hospital, we use advanced imaging technology, sophisticated mapping techniques of the heart’s electrical impulses, and next-generation ablation devices to perform these procedures and provide our patients with the best outcomes.”

Because of the effectiveness of catheter ablation over medication for heart rhythm control, national guidelines for AFib management were updated in 2023. They now recommend the procedure as a first-line treatment for certain patients with AFib, including individuals with both AFib and heart failure who have impaired heart function.

“Not only is catheter ablation more effective, studies have shown it can produce better results when used earlier in a patient’s care,” adds Dr. Faulkner.

### Hybrid treatment for AFib

As a progressive condition, AFib may become permanent if left untreated. It is called persistent AFib when the heart cannot return to a normal rhythm without treatment and symptoms last for more than seven days. It is deemed long-standing persistent AFib if symptoms last for more than a year.

Dr. Faulkner and his colleague Luis Velazco-Davila, MD, a board-certified thoracic and cardiovascular surgeon with Indian River Hospital, offer a new treatment for patients with persistent and long-standing persistent AFib who have not had success with medication or previous ablation treatments. The two-step Convergent procedure requires a multidisciplinary approach to combine surgical ablation with catheter ablation.

Surgical ablation is the first step, which Dr. Velazco performs through a small incision in the center of the chest below the rib cage. It entails using radiofrequency energy to create scars on the surface of the heart to block the faulty electrical signals that trigger AFib. The left atrial appendage is also occluded with a small clip. It’s a 1-2 hour surgery with an overnight hospital stay.

*continued on page 42*

About a month later, Dr. Faulknier performs the second step of the Convergent procedure. During the catheter ablation, he creates scars on the inside of the heart that line up with the first set of scars. This achieves a better block, which lowers the risk of AFib recurrence. Following catheter ablation, most patients are able to go home the same day.

“Combining a minimally invasive surgical treatment with the catheter-based technique allows us to provide a lasting result,” adds Dr. Faulknier. “A lot of patients can benefit from this approach.”

### Early referral recommended

Common AFib symptoms include a feeling that your heart is pounding or about to leap out of your chest, as well as fatigue and shortness of breath. “Over time AFib weakens the heart muscle, so the sooner we begin treating individuals after an AFib diagnosis, the better long-term results can be achieved,” stresses Dr. Wudel.

Dr. Faulknier agrees, noting that the longer persistent AF goes without treatment, the harder it is to manage. He recommends patients with AFib see an electrophysiologist as early as possible for an evaluation.

The heart care team at Indian River Hospital is equipped to provide the full continuum of cardiovascular care, including preventive heart care, complete diagnostics, arterial and venous scanning, angioplasty and coronary artery stenting, transcatheter valve therapies, cardiac rehabilitation services, electrophysiology and cardiac pacing care, and surgical treatments.

“We are also continuing to grow our team of specialists to make sure our patients have access to the highest quality heart care when they need it most,” says Dr. Wudel. That quality is reflected by Indian River Hospital earning Cardiac Cath Lab Accreditation, Electrophysiology Accreditation, and Transcatheter Valve Certification from the American College of Cardiology, a feat achieved by just 10% of U.S. hospitals.



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

### Project Wish *continued from page 21*

Simply recalling this and other Snow White memories brought so much delight to Doris - and is perhaps her secret to longevity - because by the time this interview took place, about a month after her luncheon, she was no longer on hospice. A lot of people don't even realize that this is possible; they erroneously think that hospice is 'giving up' on life when actually it is all about optimal quality of life. And if a patient's health improves to the point that their doctor deems them well enough to not be on hospice, then that is exactly what will happen at the VNA. Whatever the case may be, there is one thing for sure, every VNA hospice patient will be treated as well as Doris because VNA caregivers will always go that extra mile to make sure wishes come true. And the gratitude with which this particular wish was received was priceless. As Doris herself put it: “That afternoon was worth \$1,000,000 - just the joy of that day. No anniversary gift, birthday gift, or Christmas present will come anywhere near that day.”

## + 24 HOUR OXYGEN SERVICE +



Perkins  
Medical  
Supply

Care You Deserve

**VISIT US FOR ALL YOUR MEDICAL NEEDS**

*Beds • Scooters • Seat Lift Chairs*

*Wheelchairs • Diabetic • Orthopedic*

*Portable Oxygen • Ostomy Products*

*Bathroom Safety Equipment • Mastectomy Products • Medical Uniforms*

**We Carry CPAP Machines**

**Full Masks • Nasal Masks • Pillow Masks**

Visit our East Vero Beach or Port St. Lucie locations for CPAP clinics to answer questions & instructions.

SALES • SERVICE • RENTAL • REPAIRS

<p style="font-size: 0.8em; margin: 0;">WEST STORE</p> <div style="background-color: #0056b3; color: white; padding: 5px; font-size: 1.5em; font-weight: bold; margin: 5px 0;">569-3797</div> <p style="font-size: 0.8em; margin: 0;">4005 20th Street, Vero Beach</p>	<p style="font-size: 0.8em; margin: 0;">PORT ST. LUCIE</p> <div style="background-color: #0056b3; color: white; padding: 5px; font-size: 1.5em; font-weight: bold; margin: 5px 0;">337-4631</div> <p style="font-size: 0.8em; margin: 0;">10365 S. U.S. Highway 1 SEBASTIAN</p>
<p style="font-size: 0.8em; margin: 0;">EAST STORE</p> <div style="background-color: #0056b3; color: white; padding: 5px; font-size: 1.5em; font-weight: bold; margin: 5px 0;">569-3798</div> <p style="font-size: 0.8em; margin: 0;">3717 10th Court—Across from Cleveland Clinic Indian River Hospital</p>	<p style="font-size: 0.8em; margin: 0;">SEBASTIAN</p> <div style="background-color: #0056b3; color: white; padding: 5px; font-size: 1.5em; font-weight: bold; margin: 5px 0;">388-5251</div> <p style="font-size: 0.8em; margin: 0;">13000 US Highway 1 Across from WalMart</p>

WE BILL MEDICARE, MEDICAID & OTHER INSURANCE COMPANIES

www.perkinsmedicalsupply.com





# LOCAL PEOPLE

## Making a Difference!

### *Marshbanks represents dedication at its best*

Important historic buildings are known to have what is called a “cornerstone” which refers to laying the initial base for a strong foundation. Well, the Kiwanis Club of Vero-Treasure Coast has someone that truly fits the definition of this club’s cornerstone.

Bob Marshbanks joined Kiwanis in January 1978 shortly after he opened his business called The Pipe Den in September 1977. Bob was invited to join Kiwanis by then club president Gene Waddell. Kiwanis met in the early mornings, which did not hinder the opening of his new store. Bob’s business was open six days a week and he wanted to do something that could support the mission of Kiwanis and fit into his busy workweek. So, he volunteered to serve as club secretary.

To this day Bob still holds that important position. What is even more impressive is that since joining Kiwanis in 1978 Bob has never missed a meeting – that is 47 years of perfect attendance! Even when he has traveled within the United States or abroad, Bob finds a Kiwanis club (there are more than 7,000 clubs in 85 countries) and attends their meetings.

Bob thinks back to one of his favorite projects with Kiwanis. The club raised funds to build bike paths close to schools. Kiwanis built 16 miles of bike paths around Vero Beach in five years.



Like Bob, Kiwanis has many dedicated members with long association to volunteer work. The Kiwanis Club of Vero-Treasure Coast was founded in 1973. The club raises funds through many projects to provide financial assistance and manpower for those organizations that serve children. For over five decades, Kiwanis has been tirelessly working to create positive impacts for the youth of Indian River County. Through initiatives like Youth in Action projects, volunteer programs in Indian River County Schools (Key Club, Builders Club, and K-Club) and the Scholarship Golf Day, the club continues to raise vital funds that directly benefit children’s education, health, and well-being.

We welcome new members and encourage you visiting the Kiwanis website at [www.verokiwanis.com](http://www.verokiwanis.com) for more information. We meet every Wednesday at noon at The Vero Beach Yacht Club.

**Take Control and Live the Life you Deserve**  
**ADVANCED MOTION THERAPEUTIC**  
**LYMPHEDEMA CENTER**  
*Since 1999 we have specialized in the treatment of:*

- Lymphedema
- Venous Insufficiency
- Chronic Swelling and
- Post-Surgical Swelling

*by certified therapists.*  
**772-567-8585**  
 2965 20th Street • Vero Beach, FL 32960  
[www.AMTvero.com](http://www.AMTvero.com)

*We Accept Medicare/Medicaid, BC/BS, Workers Comp, PIP, and most insurances.*







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

Post Office Box 519  
Vero Beach, Florida 32961

ALZHEIMER  
&  
PARKINSON  
ASSOCIATION  
OF INDIAN RIVER COUNTY

## OVER FORTY YEARS OF SERVING THOSE WITH MEMORY AND MOVEMENT DISORDERS, AND THEIR CAREGIVERS.

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

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



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

772-563-0505 | [AlzPark.org](http://AlzPark.org)



**DEMENTIA EXPERIENCE...**  
helping you understand the  
challenges of those with dementia.  
*Call for details!*

# WALK TO REMEMBER

November 16, 2024

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

