

Lake Okeechobee
News

MEDICAL Information GUIDE

2021 - 2022





Comfort, Dignity and Choice

VITAS brings all three to end-of-life care in Okeechobee County.

Near the end of life, most people want to choose where, when, how and from whom they'll receive care. VITAS® Healthcare, the nation's leading provider of hospice and palliative care, coordinates care around the wishes and goals of its patients and their families throughout Okeechobee County.

After enrolling with VITAS:

- You or your loved one receive care at home, wherever home may be—your private residence, a nursing home or an assisted living community.
- An interdisciplinary hospice team visits on a customized schedule to meet your unique needs, address your pain and manage your symptoms.
- Your family and caregiver have 24/7/365 access to phone support, and VITAS clinicians are on call to respond to symptom flare-ups whenever necessary.

When it's time to choose comfort over cure, choose the hospice provider that helps patients make the most of the time they have left. Choose VITAS.

VITAS[®]
Healthcare
SINCE 1980

800.723.3233 | VITAS.com    

“Caring Beyond Prescription”
Heartland Discount Pharmacy
Bringing Care Back to Healthcare



Locally Owned. Locally Loved.

Serving the Community since 2010.

Do not fill your prescription without verifying the price with Heartland Discount Pharmacy

The core values of Heartland Discount Pharmacy are Caring, Compassion and Empathy for our Patients



OUR GOAL IS TO MAKE HEALTHCARE MORE AFFORDABLE
 Here is how we are different...

Does your pharmacy accommodate your special needs?

Does your pharmacy keep your prescriptions up to date with refills and stock status, etc.?

Does your pharmacy have spare time to discuss your health?

Does your pharmacy have time to find ways to save you money on your prescriptions?

Does your pharmacy handle SPECIALITY PRESCRIPTIONS and on demand COMPOUNDING?

**We have ways to help Medicare patients not fall into coverage gaps or donut holes
 Now...it's time to think about changing your pharmacy!**

PHARMACY THE WAY IT'S SUPPOSED TO BE

- Best cash price in town
- FREE same day home delivery
- We help patients not to fall into Medicare coverage gap or donut hole
- We match all Competitors' Generic Prescription Drug Programs
- We Accept All Insurances including Medicaid, Medicare, Part D and Worker's Compensation
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- Now providing RX Compounding
- Medication Synchronization
- **Special Weekly Bubble Packaging**

EXTENDED HOURS:

Monday-Friday 8am - 8pm
 Saturday 9am - 5pm

407 S. Parrott Ave.
 (Next to Arby's on Hwy. 441)
 Okeechobee

863.763.7633
 HeartlandDiscountPharmacy.com

Tired of Waiting?



The Fastest, Most Convenient & Friendliest Service in the Area!
 Other Pharmacies

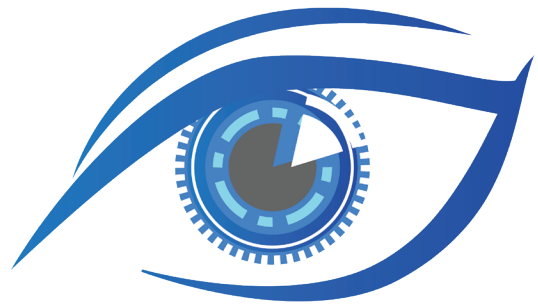
Heartland Discount Pharmacy



Thank you for choosing Heartland Discount Pharmacy
 We are personally committed to providing the service and value you deserve. Thank you for trusting us with your healthcare needs.

— Family of Heartland Discount Pharmacy of Okeechobee

Preventative and routine eye exams help maintain good eye health



OKEECHOBEE

VALUE SPECS

— South Parrott Eye Care Services —

At Okeechobee Value S.P.E.C.S., we strive to provide comprehensive, primary eye care for the whole family. Preventative and routine eye exams are important to maintaining good eye health. Often, eye and vision problems do not have obvious symptoms or signs, but are easily diagnosed by a licensed optometrist. By diagnosing eye and vision conditions early on, our optometrist is able provide treatment options and in many cases restore or prevent vision loss. The American Optometric Association recommends yearly or bi-yearly eye and vision exams, depending on whether you are at-risk or not.

EYE EXAM AND CONSULTATION

During an eye exam, Dr. Janna Parramore will ask you questions about any symptoms or issues you are experiencing, medications you are currently taking, any blurry vision, your work environment, and your overall health. Family history and previous eye or vision conditions will also be discussed during this part of the examination. Dr. Parramore will consider this information when determining any treatments or recommendations.

VISION TESTING

Regular vision testing and evaluations ensure that you always have the clearest vision possible. Our Okeechobee optometrist provides regular vision acuity test as part of a comprehensive eye exam. Dr. Parramore will measure how each eye is seeing by using a wall eye chart and a reading eye chart. The results of these tests are portrayed as a fraction, with 20/20 being the standard for normal distance and reading vision. Depending on the results of your vision test, Dr. Parramore may prescribe corrective glasses, contacts, or eye exercises.

Dr. Janna L. Parramore, pictured to the left with her family, is a fifth-generation resident of Okeechobee,



who is a devoted wife, and mother to a beautiful little girl, Saylor. She and her husband, Kyle, have begun fulfilling their goal of raising a family in the town they both dearly love.

Dr. Parramore loves to spend time with her family and friends. She enjoys traveling, especially to the Florida Keys each summer. Her favorite activities are boating, exercising, family/friend gatherings, and reading inspirational novels.

After graduating as Salutatorian from Okeechobee High School, Dr. Parramore obtained her

undergraduate degree from the University of Florida, where she was a member of the professional sorority, Sigma Alpha. Her optometry studies were completed at Nova Southeastern University, Fort Lauderdale, Florida, where she was a member of the Beta Sigma Kappa honor society.

Dr. Parramore maintained honors in clinics skills throughout her time as a student physician at Nova Southeastern University College of Optometry. Her clinical experience includes ocular disease, contact lenses, low vision and pediatric examinations. She was awarded the VSP/AAOF Practice Excellence scholarship, Student Award for Excellence in Low Vision, Eschenbach for Excellence in Low Vision, and The Dr. Lester E. Janoff Scholar award.

Dr. Parramore is a dedicated, humble, and optimistic physician who strives to provide optimal eye care to her hometown community. She prides herself on creating strong interpersonal relationships with each patient, and hopes the bond created will grow for many years to come.

Contact us at Value Specs at 863-357-2250 today to schedule a comprehensive eye exam.

You can also book an appointment online at okeechobeevaluespecs.com.

OKEECHOBEE
VALUE SPECS

— South Parrott Eye Care Services —



Later Hours 5 Days A Week!
Monday - Friday
9am - 6pm

Schedule An Appointment
Online At
okeechobeevaluespecs.com

2 Pairs Of Glasses
for \$79
RESTRICTIONS APPLY

- Comprehensive Eye Exams -
- Contact Lens Fitting -
- Glaucoma Exams & Treatment -
- Diabetic Eye Exams -

Most Insurances Accepted

1611 South Parrott Ave - Okeechobee, Florida - 863.357.2250





Lake Okeechobee News
MEDICAL
Information
GUIDE

inside

WHO WE ARE:

The Lake Okeechobee News Medical Information Guide is published annually in October and features content related to health, wellness and the various medical fields of our advertisers. In addition to this in-print edition, this medical guide can be found online for one full year at southcentralfloralife.com/MIG.

The Lake Okeechobee News is published by Independent NewsMedia Inc, USA. Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of the community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

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Heartland Discount Pharmacy helps you save money & stay healthy





Tired of Waiting?

The Fastest, Most Convenient & Friendliest Service in the Area!



Other Pharmacies Heartland Discount Pharmacy

I started with Eckerd Drugs in 2002 and then CVS bought Eckerd Drugs and I stayed with CVS until 2010 when I moved to Okeechobee. Working in the corporate world limited me to help the community the way I wanted, so I opened Heartland Discount Pharmacy. Our goal as a team is to provide the fastest and friendliest neighborhood drugstore offering extraordinary quality customer service. I have a team with the highest ethics and integrity who are always willing to serve others.

In 2010 I dedicated myself to put health and well-being first. I wanted to offer free delivery solutions, free antibiotics and/or a \$3.99 generic program and the best cash price in town. Let us do a free price comparison and we will save you money. There have been lots of changes in the healthcare industry and we stay on top of these changes. We deliver the highest quality service, while keeping the cost as low as possible, example is non-sterile compounding.

We distinguish ourselves from other pharmacies and pharmacy chains by providing additional services, while maintaining the highest level of care and customer service to our customers. Our staff thrives to assist physicians by appropriately managing treatment regimens and maximize their therapeutic potential. One on-one in home education and counseling to patients is also available. As I mentioned earlier we offer free delivery, free antibiotics and/or \$3.99 generic program and the best cash price in Okeechobee, Heartland Discount Pharmacy is committed to providing customers the support, programs, merchandise and care they need to make every day a better way of life. There is always enough staff to make sure that we are what we promise.

We even provide bubble packing to customers who cannot keep up with their medications and we are the only pharmacy that puts pill images on the label. We offer flu, pneumonia, prev13 and the new shingle shot as precautionary measures to protect your health.

We will continue to serve our community, helping all customers with their pharmacy needs. We will keep up to date with the changes that are constantly happening in the medical industry while maintaining our high ethics and integrity.

My Philosophy on business and life is to make healthcare more affordable for our customers and help every customer get the best medication for their needs. For as long as I am helping people I am happy and fulfilling my dream.

REFILL REMINDER SERVICE

Upon patient's request, Heartland Discount Pharmacy can add you to our refill request list. Every time a prescription is due for a refill, a pharmacist or technician will call the customer to get authorization before filling a medication.

FLEXIBLE PAYMENT OPTIONS

We accept cash, check and all major credit cards.

IMMUNIZATION

Heartland Discount Pharmacy offers Flu-Shot immunizations.

E-PRESCRIPTION SERVICE

Heartland Discount Pharmacy, in partnership with your physician, offers e-prescribing services. This service minimizes any mistakes that could occur by the doctor or pharmacy. It also streamlines the process and reduces the wait time.

BLOOD GLUCOSE METER AND SUPPLY SERVICES

Heartland Discount Pharmacy offers education and consultation services.

EXTENDED HOURS

We are open Monday thru Friday from 8 am to 8 pm and Saturday 9 am to 5 pm.

Dedication to...

Delivering the highest quality service

Compassion to...

Treat every customer with respect

Commitment to...

Exceeding patient and physician expectations

Pharmacy to...

Continually innovate and improve services

Harry Patel, Rph, Consultant Pharmacist



A Conversation About End-of-Life Care

What You Need to Know When Selecting Hospice Services

When Vicky S. was exploring end-of-life services for her husband, she wanted someone who would provide high-quality and compassionate care while respecting his wishes and hers. Her husband lived a beautiful, meaningful life, and Vicky wanted his final days to reflect a life well lived.

Understanding a patient's wishes and values, and using that information as an individualized map to plan their care, are at the heart of patient-centered, end-of-life care. It's essential for patients and families to have options and the ability to select a caregiving team that will define a good death and identify what's most important to you and your family.

Research finds that a patient-centered approach to end-of-life care improves quality of life and even has the potential to prolong it.

Fortunately, you now have choices and opportunities to find personalized care at the end-of-life in Okeechobee County.

In 2019, VITAS® Healthcare opened offices in Port St. Lucie and Stuart, creating another hospice option to serve patients coping with serious illness throughout Okeechobee County and the Treasure Coast.

The VITAS Advantage

VITAS cares for a variety of patients – including those requiring high-acuity care or complex modalities that other hospices cannot or do not offer – at home, wherever the patient calls home.

"My husband was under continuous care for 12 days, and every single person that came to care for him was extremely competent and compassionate. The nurses are all truly angels. The end of my husband's life would have been so much harder without them. Thank you all so much for your love, compassion and commitment. You are truly providing a great service to this community." —Vicky S., Treasure Coast

While VITAS is a new provider to Lake Okeechobee and surrounding communities, the company was founded in Florida in 1978 and was one of the nation's first hospice programs.

For families like Vicky, a key factor in choosing VITAS is access to an interdisciplinary hospice team, including a nurse, aide, social worker, physician, chaplain and volunteers. Vicky also embraced VITAS' ability to pair physical

care with emotional and spiritual support, including:

- **Lavender Touch:** Gentle hand massage administered by trained volunteers for comfort and support
- **Paw Pals®:** Loving animals and their volunteer owners who visit patients to provide comfort
- **Life Bio:** A written, audio or video biography of a hospice patient, provided by specially trained volunteers
- **VITAS' award-winning veterans program**

VITAS is always available to help patients and families discuss their goals of care and end-of-life wishes and preferences, crucial components in ensuring you receive compassionate care on your terms at the end of life.

VITAS is honored to be a new partner in Okeechobee County and promises to be a committed healthcare provider to all community members.

VITAS
Healthcare
SINCE 1980

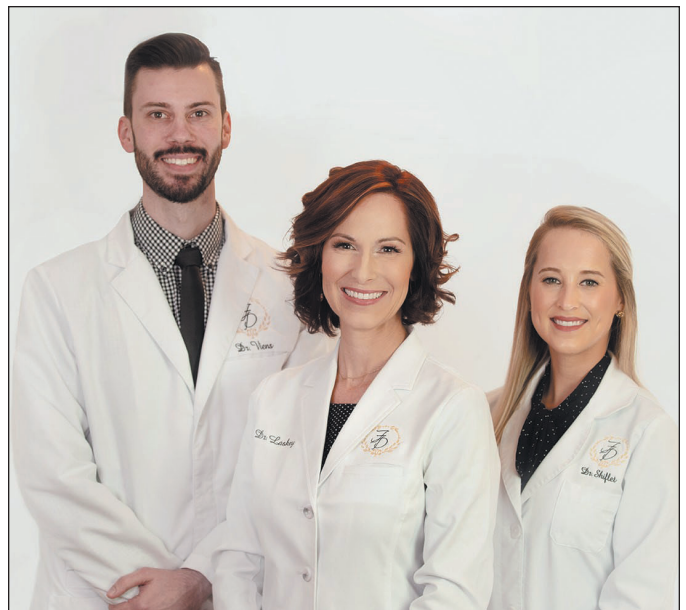
800.723.3233 | VITAS.com    

Family Dentistry offers brighter, whiter, healthier smiles

Since their inception in 1971, Family Dentistry of Okeechobee has provided patients in Okeechobee, FL, with state-of-the-art dental care in a comfortable setting. Their full-service dental practice focuses on excellent patient care, cutting edge technology and compassion. They serve to provide a peaceful, relaxing experience in a spa-like atmosphere.

Family Dentistry believes that many people neglect their dental health due to fear of procedures. In order to address that, their office offers many small touches to lessen anxiety. These include headphones, essential oil diffusing, warm blankets, nitrous oxide sedation and oral sedation.

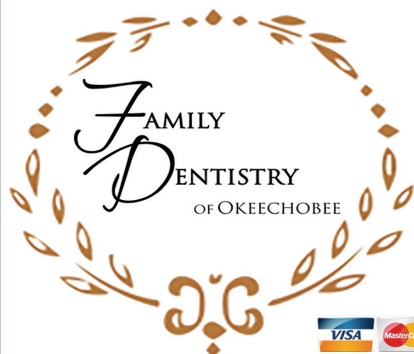
The three main dentists are Dr. Jennifer Laskey, Dr. Jennifer Shiflet, and Dr. Zachary Viens.



From preventative care to full-mouth restoration, Family Dentistry of Okeechobee offers excellent dental care in a peaceful environment. Their modern in-house lab reduces wait times and maximizes the quality of the treatment you receive.

Make your appointment today to prioritize your dental wellness. The journey to a healthy smile begins with the first visit

Welcome to the Family



Devoted to growing and developing every year through progressive innovation. We desire to create a ripple effect that inspires and empowers our patients, our team, their families, and our community.

DR. JENNIFER LASKEY, DMD
DR. JENNIFER SHIFLET, DDS
DR. ZACHARY VIENS, DMD

863.734.6964



- OUR SERVICES:**
- BOTOX
 - ORAL WELLNESS VISITS
 - TEETH WHITENING
 - PERIODONTAL THERAPY
 - NITROUS OXIDE SEDATION
 - TMD THERAPY
 - IMPLANT PLACEMENT & RESTORATION
 - ROOT CANALS
 - VENEERS
 - DENTURES
 - CROWNS
 - INVISALIGN & BRIDGES

CHECK OUT OUR RECOMMENDATION CONTEST!

202 NE 3RD STREET | OKEECHOBEE, FL 34972 | FDOFOKEECHOBEE.COM

Five ways to pamper yourself more often

The COVID-19 pandemic has left many people scrambling for ways to unwind without risking their health or the health of others. For more than a year, opportunities to let loose and have fun have been stymied by the cancellation of concerts, theater shows, sporting events, family holidays, and so much more in the name of public safety. Individuals can look to coping strategies to find silver linings.

Pampering means different things to different people. Pampering involves indulging in self-care strategies to improve mental, physical and emotional health. Pampering can provide a respite from stress, enabling one to switch off his or her brain for a bit. Rest assured that pampering doesn't have to involve big expenses, and many pampering sessions can take place right at home. The following are five pampering ideas to explore.

TAKE A NAP. Getting enough restful sleep is essential for your overall health. The Sleep Foundation says people who work multiple jobs or for extended hours may not have enough time for sufficient sleep, and the Centers for Disease Control and Prevention indicates one in three American adults do not get enough sleep. Getting

seven or more hours of sleep per night is important, but you also can add to your sleep bank by taking short naps in the early afternoon. A nap can reduce stress and elevate the mood. Stick to a snooze of 30 minutes or less.

INDULGE IN A LUXURIOUS PRACTICAL ITEM. Instead of splurging on something that is whimsical or unnecessary, allocate some disposable dollars to something functional — but put a luxurious spin on it. Think of buying a set of silk bedsheets or indulge on a high-end cut of meat for a family dinner. You'll feel rewarded without feeling guilty that you were wasteful.

SCHEDULE A SALON SERVICE. Hair, nail or skin services enable you to get away from home for an hour or more and devote time all to yourself. Plus, you'll have the benefit of walking out of the salon looking like the best version of yourself.

TAKE A HOT BATH. People may be pressed for time when engaging in their daily beauty and grooming routines. A 10-minute shower before work might not provide the relaxation and sense of escape you need. Set aside a time in the evening to soak in the tub and let stress as well as aches and pains melt away in the water. Scent the water with essential oils for a relaxing aromatherapy session.

FIND A SIMPLE PLEASURE. Display fresh flowers on the table, listen to some favorite music while cleaning the house or plan a homemade meal for yourself accompanied by a fine wine. Planning for a simple pleasure once or twice a week gives you something to look forward to.

Pampering comes in many shapes and forms and is an effective way to reduce stress.

World Class Eye Surgery NOW IN OKEECHOBEE



ZUDANSEYE
SURGERY

GET YOUR VISION BACK & GET BACK TO LIFE

Val Zudans, M.D. is Board Certified by the American Board of Ophthalmology.

- Served on the Medical Advisory Board for MACS (Most Accurate Cataract Surgery), a national coalition of medical professionals dedicated to defining best practice benchmarks in cataract surgery.
- Lead investigator for Softec HD intraocular lens studies and the first to introduce No-Drop Cataract Surgery to our area.
- Completed his ophthalmology residency at the Bascom Palmer Eye Institute in Miami, consistently ranked as the number one ophthalmology program in the country for over 15 years by US News and World Report.



O: 863.213.0120 • F: 772.318.4231 • 105 N.E. 19TH DRIVE OKEECHOBEE, FL 34972

zudanseye.com



Hometown Healthcare providing personalized care in your own backyard

Hendry Regional Medical Center (HRMC) is a 25-bed critical access hospital delivering a personal touch through doctors and nurses whom you know and trust, in a warm and friendly environment.

Hendry Regional provides healthcare to the residents of Hendry, Southern Glades, and Western Palm Beach Counties. HRMC strives to meet the needs of the residents by incorporating modern technology with compassionate and competent medical staff to care for its patients. Convenient locations are available in Clewiston and LaBelle.

Hendry Regional Medical Center offers a new modern emergency department, along with imaging services, surgery suites, laboratory services, and

outpatient services.

HRMC also has 6 additional facilities located throughout Hendry County. In Clewiston the Dr. James D. Forbes Family Care Center hosts a dynamic team providing Family Medicine, Pediatrics, and Internal Medicine. Corporate Health Services offers preventative health programs for employers and their employees including worker's compensation management, testing, screenings, site assessment's, and wellness education. Hendry Regional Rehabilitative Services offers a variety of rehabilitation and therapeutic services designed to evaluate and treat problems affecting mobility and function.

The Hendry Regional Convenient Care Center is located in the heart of LaBelle. The facility includes Family Medicine, Pediatrics, and specialty care including gynecology, surgery, and physical and occupational therapy services.

Hendry Regional Medical Center offers a wide array of specialty services for residents including cardiology, surgery, gynecology, and audiology.

Understanding the need of the community HRMC continues to add services and providers to its already expansive list. The most recent additions have been telehealth medicine, 3D Mammography, Infusion Services and additional Family Practice Providers.

At HRMC healthcare is a team effort. The staff is courteous, respectful, and enthusiastic in serving healthcare needs at any of the multiple locations. Hendry Regional has proudly been providing healthcare for over six decades, with roots that run deep within the community!



**HENDRY REGIONAL
MEDICAL CENTER**

"Where It's All About Getting Better"

**524 West Sagamore Avenue
Clewiston, Florida 33440
863.902.3000**

Find confidence in your own skin with the help of



BLUE OCEAN DERMATOLOGY

Blue Ocean Dermatology (BOD) offers comprehensive dermatological care, treatments, and cosmetic solutions. Our patients love that we approach their care from many angles, focusing equally on prevention and treatment to ensure that they maintain a healthy glow on and off the beach, or lake for years to come. We specialize in general, surgical, pediatric, and cosmetic dermatology.

MEET OUR PROVIDERS

Founders: Jason Welch APRN and Nitra Welch APRN

OUR SERVICES

We have solutions for your most troubling skin conditions, so you can get back to enjoying life. Enjoy any season of your life feeling confident in the skin you're in. Your care is important to us.

MEDICAL DERMATOLOGY

At BOD we are experts of diagnosing and treating conditions of the skin. Internal disease or disorders can also uniquely affect the surface of the skin. In dermatology the medical interpretation begins with the visual exam that is then paired with a broad knowledge base to arrive at a diagnosis.

SURGICAL DERMATOLOGY

Surgery is not always the optimal treatment option for you skin cancer. We at Blue Ocean Dermatology believe in a practical honest approach in the treatment of If your skin cancer. Dermatologic surgery deals with the diagnosis and treatment of medically necessary and cosmetic conditions of the skin, hair, nails, veins by various surgical, reconstructive, cosmetic and non-surgical methods. The purpose of dermatologic surgery is to repair and/or improve the function and cosmetic appearance of skin tissue. We employ state of the art techniques to identify and treat skin cancer. At Blue Ocean Dermatology, when you have been diagnosed with a skin cancer, ALL treatment options will be provided to you prior to treatment. If surgery is the best treatment option, it will be treated by one of our skilled surgeons. Our Plastic Surgeon, Dr. Giles M.D. is on site for any excision. Surgical margins can be checked on site with our onsite pathologist.

COSMETIC DERMATOLOGY

Cosmetic Dermatology focuses on the improvement, enhancement and appearance of skin, hair and nails aesthetically, artistically and cosmetically. Rarely



Michael Murchland, M.D.
Dermatology



Jason Welch, APRN



Nitra Welch, APRN



Dudley Giles, M.D.
Plastic Surgeon



Stanley Katz, M.D.



Brittany Gillespie, APRN

considered a medical necessity, it can still resolve medical dermatological concerns. Facial filler and anti-aging procedures are under this category.

We offer advanced medical treatment options:

- Sun and melanoma awareness and prevention,
- Skin cancer checks, treatment, and surgical correction,
- Mole, skin tag, and wart removal,
- Photodynamic therapy (blue light),
- Treatment of skin infections, allergies, and rashes,
- Treatment of dry or itchy skin, psoriasis, and eczema,
- Treatment of rosacea and acne,
- Painless correction of Melasma and pigmentation disorders
- Solutions for anti-aging and wrinkle care
- Onsite pathology for surgical margins,
- Plastic Surgeon available for surgical Medical/Cosmetic.

As owner of Blue Ocean Dermatology, I want to welcome you to my practice. I grew up in Lakeport and went to school in Moore Haven. I started my medical career at Raulerson Hospital. After high school, I joined the military and became a medic. It was in the military that I fell in love with dermatology. I have always dreamed of coming back to Okeechobee to open a medical practice. I have been a dermatological provider for 16 years and am proud to bring my expertise and my values back home. Coming from a small town, with small town values, my work ethic is unparalleled. You will never be treated as a number or condition. My motto has always been "Welcome to Blue Ocean Dermatology, a place where we do not treat patients, but rather we take care of our friends."

Jason Welch APRN, CEO
Blue Ocean Dermatology



BLUE OCEAN DERMATOLOGY



Jason Welch, APRN/CEO Dermatology
Nitra Welch, APRN/CFO Dermatology
Stanley Katz, MD Dermatology
Dudley Giles, MD Plastic Surgeon
Michael Murchland, M.D.
Brittany Gillespie, APRN

General, Cosmetic and Surgical Dermatology

Accepting new patients and most insurance including Tricare.



Call 863-226-5466

**1004 N. Parrott Ave Okeechobee
Monday - Friday 9-5PM**

Your smile says it all

Wemmer Family Orthodontics, located at 2025 U.S. Highway 441 North, are here to serve your orthodontic needs. Dr. David Wemmer, along with his daughter, Dr. Jennifer Wemmer Schoenfeld, specialize in providing the highest highest quality orthodontic treatment to all age groups. We have treated patients as young as 4 and as old as 83. Tooth movement is accomplished by either fixed braces (we use the state of the art, low-friction, low-force "Damon System") or removable, clear aligners ("Invisalign").

Treatment is also available for jaw growth disorders and TMJ (jaw joint dysfunction).

Wemmer Family Orthodontics treats everyone as if they were family by focusing on customer service, and giving more than the patient expects.

Our highly trained staff provides technical expertise, professional and courteous service, and a happy fun environment. For all those we come in contact with, our goal is... "Making a difference — One smile at a time!"

YOUR SMILE SAYS IT ALL

We've been creating beautiful smiles in Okeechobee for over 35 years. Isn't it time to see what we can do for you?



Family Orthodontics

Making a difference one smile at a time

2025 Hwy 441 North
863.467.2332

Shake up a stale workout

Eating less and moving more are the hallmarks of many fitness regimens, especially those designed for people who want to lose weight. Maintaining a healthy weight can help reduce risk factors for many illnesses, making weight loss a worthy goal for those who can afford to shed a few pounds.

While people have good intentions when designing their exercise regimens, over time hitting the treadmill or doing a weight circuit can lose its appeal. When exercise routines become stale, people may be put off from doing something that is essential to their overall health. Routinely switching things up can keep workouts fresh and exciting.

TRY A TRENDY WORKOUT

Experiment with a new fitness trend to see if you like it. Start by talking with a personal trainer or group exercise captain at your fitness center.



Chances are they've already implemented novel workouts for their clients and they can walk you through some of the offerings. So whether it's barre classes that make you feel like a prima ballerina or renegade rowing to emulate a crew team, new exercises can help to banish boredom.

CUT DOWN ON WORKOUT TIME

It's easy to lose interest in a lengthy workout. High-intensity workouts can streamline exercise to 30 minutes or less and produce the same results as longer, less intense regimens. High intensity interval training, or HIIT, is a popular regimen that pairs bursts of maximum-output moves with short recoveries to streamline efforts.

BRING A FRIEND ALONG

A buddy to exercise alongside can make a regimen fun even if you've done the same things over and over. Plus, a healthy dose of lighthearted competition may motivate you to keep going.

CHANGE SMALL COMPONENTS

Apart from preventing boredom, changes to a routine also benefit your body. If exercise regimens are never altered, and you keep doing the same number of reps and sets, your body can adapt to these workouts and make it difficult to break plateaus. Lack of variation also may decrease focus, which can make it hard to achieve your fitness goals. A consultation with a personal trainer can help you adapt your routine or find an entirely new one.

Local surgical services in Hendry County reduce burden of travel



Common surgical procedures available at Hendry Regional Medical Center make recovery easier.

Traveling long distances can add to the stress and discomfort of surgery. The need to travel to and from a facility outside the community can also cause a burden for family members. Fortunately for Hendry County residents, common surgical procedures are available at Hendry Regional Medical Center.

The trusted medical team at Hendry Regional Medical Center is able to perform a number of surgeries here in the community, providing convenience and comfort for patients and their families

“Having your surgery performed in the local community is a smart decision,” said R.D. Williams, CEO. “Knowing you are near home can provide peace of mind for your family and make the recovery process easier. The highly trained surgeons at Hendry Regional Medical Center can perform common general surgical procedures like tonsillectomy, laparoscopic cholecystectomy (gallbladder removal), hernia repair, and colonoscopy. In addition, our Specialists can perform gynecological procedures to include hysterectomies or cervical biopsy.

Many common procedures can be performed with laparoscopes or endoscopes which enable the surgeon to see inside the body without having to make large incisions. Other benefits of these techniques include

shorter hospital stays and faster recovery times.

According to Dr. Darayes Mobed, General Surgeon, patients sometimes delay having certain surgeries for various reasons, but doing so can prolong discomfort or raise the risk of complications. “Traveling for a surgical procedure can be inconvenient,” Dr. Mobed said. “The need to travel can disrupt a person’s life, so he or she may opt to wait. Having surgical services available locally makes it easier for people to get the surgeries they need, when they need them.”

Dr. Mobed added that it is best to follow the recommendations of physicians when elective surgery is required.

When a physician recommends surgery, choosing the right facility is also important. Dr. Mobed said that convenience is one of the reasons Hendry County residents choose Hendry Regional Medical Center.

Additionally, the convenience of local recovery services can make the transition from hospital to home smoother. The Swing Bed Program at Hendry Regional Medical Center allows patients, covered under Medicare who need extended care, to stay in a hospital setting without the need to change facilities. With a compassionate nursing team on hand around the clock, recovering at the hospital following a surgical procedure can provide comfort to patients and their families.

“In many rural areas, qualified surgeons can be hard to come by,” R.D. Williams said. “We are fortunate to have a team of highly trained physicians and medical providers in Hendry County. Having access to the medical care you need here in

the community is a huge asset and can help you get back to your everyday life quicker.

Talk to your primary care provider about choosing the right facility for your surgical procedure. To learn more about Hendry Regional Medical Center services, please call the hospital at (863) 902-3000 or visit www.hrhc.us.



Dr. Darayes Mobed



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AGE	DIAGNOSIS OR DISEASE STATE	TYPES OF TRIALS AVAILABLE
50-90 years old	<ul style="list-style-type: none"> • Alzheimer's disease • Mild Cognitive Impairment (MCI) • Memory complaints that you or others have noticed • Family history of Alzheimer's disease 	<ul style="list-style-type: none"> • Treatment studies (includes a study drug or device)

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How to eat to improve your energy levels

A little extra energy during the day could benefit just about anyone. Late morning mental fatigue and the post-lunch yawns may seem unavoidable, but there are plenty of ways to improve energy levels throughout the day. One such means to getting an extra hop in your step involves utilizing food.

The health care experts at Kaiser Permanente® note that every part of the body, including the brain and heart, require energy to work. The body gets that energy from food. According to the National Health Service, the publicly funded health care system of the United Kingdom, a healthy, balanced diet is the best way to maintain sufficient energy levels throughout the day. A dietary approach rooted in eating to energize can change the way people eat, potentially helping them avoid unhealthy foods that won't give them the boost they need.

The American Academy of Nutrition and Dietetics echoes the sentiments of the NHS, noting that eating better is an effective way to improve energy levels. The AAND also recommends additional strategies for people looking to foods to provide an energy boost.

- **EAT EVERY THREE TO FOUR HOURS.** The AAND notes that eating every three to four hours helps to fuel a healthy metabolism. This approach also can prevent the between-meal hunger pangs that compel many people to reach for whatever food is readily available, even if it's unhealthy. When eating every three to four hours, remember to prepare smaller portions than you would if you were eating three meals per day. The AAND points out that feeling comfortably full but not stuffed is a good indicator that you've eaten enough.

- **AIM FOR BALANCE.** A balanced plate should include foods from multiple food groups. The AAND notes that even a small amount of fat can find its way onto your plate, which should include a combination of whole grains, lean protein, fiber-rich fruits and vegetables, and fat-free or low-fat dairy. If that's too much for a single sitting, ensure these food groups are represented on your plate at some point during the day.

- **AVOID ADDED SUGARS.** Added sugars can adversely affect energy levels. In addition, the Centers for Disease Control and Prevention notes that consuming too many added sugars, which are found in sugar-sweetened beverages like soda and iced tea and sweet snacks like candy, increases a person's risk for obesity, type 2 diabetes and heart disease. The AAND notes that the energy provided by foods with added sugars is typically misleading, as it wears off quickly and ultimately leads to an energy crash. If you're looking to eat and drink for energy, then choose water or low-fat milk instead of coffee and soda and replace sweet snacks with fruit.

- **CHOOSE THE RIGHT SNACKS.** The AAND recommends snacks have lean protein and fiber-rich carbohydrates. Low-fat Greek yogurt, apples, a handful of unsalted nuts, and carrots are some examples of healthy snacks that will provide an energy boost between meals.

How people eat can help them overcome fatigue or exacerbate existing energy issues.



Everglades Pediatric welcomes Dr. Maye

Everglades Pediatric Dentistry are so excited to announce their newest addition, Dr. Frank Maye. He will be joining their Sebring Office and is accepting new patients.

Dr. Maye has been in practice for over 18 years and comes to Highlands County from Boca Raton where he had his own Pediatric Dentist office and specialized in Pediatric Sedation Dentistry.

Everglades Pediatric Dentistry began with Dr. Melissa Kindell, an Okeechobee native. She always loved growing up in a small town surrounded by nature and it reflects in her office decor. Children and parents are greeted with warm smiles, hugs and murals of wildlife native to the area.

Everglades Pediatric Dentistry provides dental services for children age 0-18 including those with special needs and those who are medically compromised. A full range of sedation is offered



Dr. Frank Maye



Dr. Melissa Kindell

including nitrous oxide, conscious sedation and IV sedation. The office features electronic patient records, digital x-rays, and overhead entertainment in all patient treatment areas. The American Academy of Pediatric Dentistry recommends that a child see the dentist by one year of age or 6 months after the eruption of their first tooth. This allows an evaluation of the child's dental health and an opportunity for the parent to receive information on proper oral hygiene and diet choices to help prevent the development of dental disease.

Your child's health is important, and developing a positive relationship between kids and their dentist is a good way to build lifelong healthy habits.

Everglades Pediatric Dentistry features offices located in both Okeechobee and Sebring.



Welcome Dr. Frank Maye!



We are so excited to announce our newest addition to Everglades Pediatric Dentistry **Dr. Frank Maye**. He will be joining our Sebring Office and is accepting new patients.

Dr. Maye has been in practice for over 18 years and comes to Highlands County from Boca Raton where he had his own Pediatric Dentist office and specialized in Pediatric Sedation Dentistry.

We look forward to this new adventure with Dr. Maye on our team!



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Dr. Melissa Kindell



Dr. Frank Maye

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Effective exercises for seniors

Loss of interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

WATER AEROBICS

Sometimes referred to as “aqua aerobics,” water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.



RESISTANCE BAND WORKOUTS

Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don't take up a lot of space, making them ideal for people who like to exercise at home but don't have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

PILATES

Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers® even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

STRENGTH TRAINING

Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.

How to navigate the recent housing boom

A combination of factors, including low interest rates and a pandemic-driven decisions has created a housing boom for much of 2020 and 2021. That boom has created an undeniable seller's market in real estate.

Just what is a seller's market? It is a marketplace in which there are fewer goods for sale than there are interested buyers, giving sellers the ability to dictate prices. Since mid-2020, there has been an extremely low inventory of homes for sale but a very high interest among purchasing parties.

So where does this leave buyers interested in relocating? Here are some tips.

CONSIDER AREAS WITH SLOWER OVERALL PRICE GROWTH. Experts say the southern and midwestern United States offer the best value for



home shoppers because of their meager price growth.

GET PREAPPROVAL OR HAVE YOUR FUNDS READY. Speed is the way to go if a buyer is interested in a property and wants to make an offer. Real estate professionals say buyers should be "offer ready," which means having a mortgage preapproval letter or proof of funds for a down payment ready to go. Failure to have funds in check can slow down the process or compel sellers to reject an offer.

WORK WITH A REAL ESTATE AGENT. These are complicated times and it pays for buyers to have a professional working in their corner. A real estate agent uses his or her knowledge to make a timely offer and negotiate on the buyer's behalf. He or she also will provide insight into specific neighborhoods, amenities and school districts.

ELIMINATE CERTAIN CONTINGENCIES FROM THE EQUATION. Contingencies are factors that must be met before a sale can go through. A common contingency is the need to sell one's current home before closing on another. Asking for extended closing periods or certain home repairs are some additional contingencies that can make buyers less attractive to sellers.

Buying in a seller's market can be challenging. But some strategies can set buyers apart from the pack.

Lasha Boree,
CIPS, Broker

Garry Smith

Jared Mobley

David Perdomo

Mary Franklin

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This is accomplished through the utilization of the most current techniques and advanced technologies, as our staff continually expand their education and practical applications to enhance your health and rehabilitation.

Located in Okeechobee, Stuart and Port St Lucie in Florida, Simpson Medical are the go to chiropractors for your ailments.

Dr Simpson and his colleagues are dedicated to helping you achieve all your wellness objectives with not only the very latest in technology but also the tried and tested methodology that works and gets you back picking up the kids, playing golf and generally feeling like the old you!

At Simpson Medical & Wellness Centers patients can be assured that all our clients receive the same attention to detail whether it is a sprained ankle or a long term rehabilitation that is required following an auto accident or sports related injury.

We pride ourselves in offering the complete package, we not only aim to get you back to health as soon as possible we help with lifestyle tips that can prevent reoccurrences and whole body wellness.

Dr Charles Simpson and his colleagues have genuine concerns for you and your loved ones and just speaking with them can help your situation.

Simpson Medical are strong advocates of NO KNIFE recovery and will try everything within their power to aid your rehabilitation without going under the knife.

The Doctors and practitioners at Simpson Medical combine their skills and expertise to bring a spectrum of services not often seen in the chiropractic world, from therapeutic massage to the state of the art DRX 900 spinal decompression therapy units all aiding in what is most important.....your recovery.

CHIROPRACTIC CARE

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Massage Therapy

treatment is chiropractic manipulation of the spine or joints of the extremities. Commonly referred to as an "adjustment," chiropractic manipulation is performed to improve lost range of motion, increase segmental joint mobility, stimulate joint position sensors and promote normal function of the central nervous system.

The adjustment is vital in restoring normal joint function and range of motion and improving overall joint health.

Chiropractic manipulation is a safe, gentle and effective method for treating neck, mid back and lower back pain in addition to disorders of the shoulder, elbow, wrist, hip, knee and ankle. By restoring normal function to the musculoskeletal system, especially the joints of the spine, manipulation allows the nervous system to operate without interference and regulate the various systems of the body and promote optimal health.

Dr. Charles Simpson uses a wide variety of chiropractic techniques when adjusting patients, allowing him to tailor treatments to the specific needs and tolerances of each individual patient.





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At Simpson Advanced Chiropractic, & Medical Center, we strive for excellence through **superior patient treatment**, education and satisfaction. This is accomplished through the utilization of **the most current techniques and advanced technologies**, as our staff continually expand their education and practical applications. Simpson Medical prides itself on using the most advanced technology and equipment that is available to **quickly alleviate the most severe health problems**.

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- Non-Invasive Body Sculpting
- Non-Surgical Fat Removal
- Skin Tightening

Dos and don'ts when someone is choking

Hosting a dinner party at home is a popular way to gather with family and friends. When hosts and hostesses plan such dinners, much of their focus is directed to food, ambiance and topics of conversation. Thoughts of someone choking may be far from hosts' minds, but they must know what to do, and not do, in such instances.

The National Safety Council says choking is the fourth leading cause of unintentional death. Food often is responsible for choking incidents in the elderly, but it can occur at any age. It's also a leading cause of unintentional death in infants.

Knowing how to handle choking incidents can save lives.

- **DO ENCOURAGE** the person to try to cough to dislodge the object causing the choking.

- **DO NOT ASK** the person if he or she is alright. Instead, ask him or her if choking is occurring so you can take proper action.

- **DO LOOK** for inability to talk, difficulty breathing or noisy breathing. These often are signs of choking.

- **DO NOT DELAY** in calling for emergency services before you take action yourself, or have someone else call for first aid.

- **DO A "FIVE-AND-FIVE"** approach to deliver assistance, per the American Red Cross. This includes five back blows first. Stand to the side and just behind a choking adult. For a child, kneel down behind. Place one arm across the person's chest for support. Bend the person over at the waist so that the upper body is parallel with the ground. Deliver five separate back blows between the person's shoulder blades with the heel of your hand. Then follow with



five abdominal thrusts, also known as the Heimlich Maneuver. Stand behind the person. Place one foot slightly in front of the other for balance. Wrap your arms around the waist. Tip the person forward slightly. If a child is choking, kneel down behind the child. Make a fist with one hand. Position it slightly above the person's navel. Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust — as if trying to lift the person up.

- **DO NOT ENGAGE** in behaviors that may lead to choking. Avoid talking and laughing while eating. Serve foods that are bite-sized and don't rush meals. Serve the elderly softer foods cut into smaller pieces, as dentures and dry mouths can impede a person's ability to swallow.

The risk of choking is present any time a person eats. Those who entertain at home can learn what to do when someone is choking to keep themselves and their guests safe.

Did you know?

Choking is a leading cause of unintentional death in infants. Young children not can choke on food as well as objects they put in their mouths while exploring the world around them. Parents of young children and hosts who intend to invite youngsters into their homes can learn how to respond when kids appear to be choking. The Mayo Clinic recommends the following approach when tending to children under the age of 1, which differs from the steps necessary to address choking instances in older children and adults.

- Assume a seated position and hold the infant facedown on your forearm, which is resting on your thigh. Support the infant's head and neck with your hand, and place the head lower than the trunk.

- Thump the infant gently but firmly five times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object. Keep your fingers pointed up to avoid hitting the infant in the back of the head.

- Turn the infant face up on your forearm, resting on your thigh with the head lower than the trunk if the infant still isn't breathing. Using two fingers placed at the center of the infant's breastbone, give five quick chest compressions. Press down about 1 and a half inches, and let the chest rise again in between each compression.

- Repeat the back blows and chest thrusts if breathing doesn't resume. Call for emergency medical help.

- Begin infant CPR if one of these techniques opens the airway but the infant doesn't resume breathing.

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Heart disease claims approximately 655,000 lives each year in the United States and accounts for 1 in 4 deaths. Cleveland Clinic's Heart, Vascular & Thoracic Institute in Florida provides the highest level of care and life-saving treatment options in the region for patients with cardiovascular disease, leading the way against the No. 1 killer of Americans.

Collaborative model of care

Cleveland Clinic's unique collaborative model of care, renowned nationally and internationally, unifies the heart and vascular team's approach across the region.

"Our patient-centered institutes combine the medical, surgical and support functions for specific body systems and disease processes, such as heart and vascular care, which really enhances continuity and quality of care," says cardiothoracic surgeon Edward B. Savage, MD, Director of the Heart, Vascular & Thoracic Center at Cleveland Clinic Martin Health.

Full heart care continuum

Cleveland Clinic locations in Florida offer a wide range of heart and vascular services covering the full continuum of care from preventive cardiac care to heart transplantation. That care is delivered by highly skilled subspecialty-trained physicians in conjunction with a strong team of experienced clinicians.

Innovative technology and expertise

Another factor that distinguishes cardiovascular care at Cleveland Clinic in Florida is the use of innovative technology to deliver advanced treatments. Both Cleveland Clinic Martin Health and Cleveland Clinic Indian River Hospital have state-of-the-art electrophysiology labs that accommodate diagnostic, therapeutic and interventional procedures, including the implantation of pacemakers and advanced therapies for heart arrhythmias.



"Many places have a dedicated electrophysiology lab, but ours is more multipurpose with specialty equipment used by electrophysiologists, cardiologists, cardiac surgeons and vascular surgeons," explains Dr. Savage, when describing the Cleveland Clinic Martin Health lab that opened last year.

Both labs allow cardiologists and cardiac surgeons to perform complicated procedures in-house, including transcatheter aortic valve replacement, a catheter-based procedure for treating aortic stenosis, and transcatheter mitral valve repair with MitraClip™, a procedure used to treat a leaky mitral valve. Vascular surgeons also are equipped to perform complex aortic replacement procedures in these spaces.

Seamless, quality care

Whether a patient undergoes an interventional electrophysiology procedure at Cleveland Clinic Indian River Hospital, a transcatheter aortic valve replacement procedure at Cleveland Clinic Martin Health or a heart transplant at Cleveland Clinic Weston Hospital, all of the teams work together to provide Cleveland Clinic patients seamless, quality care.

"We belong to the best healthcare system in the world, and we must continue that legacy and bring the best care to our region," says Dr. Savage.

Visit [ClevelandClinicFlorida.org/Heart](https://www.clevelandclinicflorida.org/Heart) to learn more about heart and vascular care.



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Manage your blood pressure for a healthier life

Managing your high blood pressure, or hypertension, is essential to good health. One out of three people in the United States have hypertension. The problem is, many don't know they have it. If you have hypertension, you may feel perfectly well and experience no symptoms to alert you something's wrong. That's why hypertension is called "The Silent Killer." For some, the first sign their blood pressure is high is a heart attack or stroke.

Hypertension, if left untreated, can cause more than just heart attacks and strokes. It also can cause aneurysms (bulging blood vessels that can rupture), kidney failure, memory problems, dementia, and more.

The good news is hypertension is easy to detect, and once you know you have it, you can work with your doctor to control it and protect your health.

WHAT ARE THE RISK FACTORS FOR HYPERTENSION?

AGE: Until age 64, hypertension is more common in men. Women are more likely to develop hypertension after age 65.

RACE: While medical science isn't sure why, hypertension is particularly common among African Americans. It tends to show up at an earlier age than it does in others, and serious complications are more

common.

FAMILY HISTORY: High blood pressure runs in families.

BEING OVERWEIGHT/LACK OF EXERCISE: The more you weigh and the less you exercise, the harder your heart works. As the volume of blood your heart pumps increases, so does the pressure on your artery walls.

TOBACCO USE: Everyone knows tobacco is bad for your health, and it's no different for your blood pressure. Tobacco use increases blood pressure and increases your risk of heart disease.

EATING TOO MUCH SALT: Too much salt in your diet can cause your body to retain fluid, which increases blood pressure.

HEAVY DRINKING/ILLEGAL DRUG USE: Over time, heavy drinking and drug abuse damages your heart and increase your blood pressure. An occasional drink is fine. Obviously, you should never use illegal drugs.

STRESS: High stress levels increase your blood pressure. If managing stress for you means eating, using tobacco or overdrinking, your high blood pressure will worsen.

I HAVE HIGH BLOOD PRESSURE. WHAT NOW?

When it comes to hypertension, your doctor is your best friend. She will recommend lifestyle changes and possibly medicines. Lifestyle changes, like healthy eating and exercise, can be effective, but sometimes they're not enough. In that case, your doctor will prescribe a medicine that's right for you. Remember: Your doctor cares and wants you to be healthy, and that means helping you control your hypertension.

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Treasure Coast Hospice celebrates 40 years of quality end-of-life care

Celebrating its 40th Anniversary in 2022, Treasure Coast Hospice was founded by local people who wanted their families, friends and neighbors to have access to compassionate, quality end-of-life care from a locally-based hospice provider. As a community-based nonprofit organization, they serve patients in Okeechobee, St. Lucie and Martin counties with the care that comes from “a hospice heart” and deep knowledge of the region and its residents.

A team of skilled professionals and dedicated volunteers is committed to fulfilling its mission: to provide access to compassionate, caring, expert and professional hospice and grief support services to patients and families at the end of life.

CARE WHEREVER YOU CALL HOME

Care is delivered wherever patients call home, whether that’s in a private home, the hospital, a nursing home, or assisted living residence. If a higher level of care is needed, three Inpatient Units are available.

CARE TEAM

A team of physicians, nurses, nursing assistants, social workers, chaplains and volunteers offers support and care to enable patients to live as normal a life as possible, pain-free and on their own terms. They bring skill and sensitivity in meeting physical, spiritual and emotional needs of patients and their families.

GRIEF SUPPORT

The comprehensive program provides grief counseling to patients, their families and anyone in the community who has experienced the loss of a loved one. They also offer the youth grief program Camp Good Grief, crisis response services, trainings and workshops.

PEDIATRIC CARE

The Little Treasures Pediatric Program focuses on enhancing the quality of life for children with a life-limiting illness and support for their families.

COMPLEMENTARY THERAPIES

This program utilizes music, massage and aroma therapies to reduce pain, anxiety and depression for adult and children hospice patients. Complementary therapies can also improve cognitive responses for



patients with dementia.

VETERANS PROGRAM

As a certified Level 5 We Honor Veterans partner, Treasure Coast Hospice is committed to caring for the unique needs of veterans as they age, providing them with the compassionate care they need as well as support for their families.

TREASURED PETS

Treasured Pets is a service offered by Treasure Coast Hospice to assist hospice patients with the care of their beloved pets. The volunteer-run program helps patients and families with veterinary and grooming visits; dog walking and active play; and delivery of pet food and supplies.

Thanks to the generous support of the community, the Treasure Coast Hospice Foundation is able to fund indigent hospice care, grief counseling, the Treasured Pets program and music, massage and aroma therapies.

Over the last four decades, generations of families have benefited from their hospice and grief support programs. Today, Treasure Coast Hospice continues to bring expert care, compassion and commitment to the Okeechobee community.

For 24/7 support, call 772-403-4500 or visit www.TreasureHealth.org.



Treasure Coast Hospice

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HOSPICE CARE

Providing exceptional care to patients in their homes, hospitals, assisted living residences, and in our Inpatient Units.



GRIEF SUPPORT

Grief counseling for our patients, their families, and anyone in our community who has experienced the loss of a loved one.



PEDIATRIC CARE

Our specialized pediatric team helps families overcome the challenges of caring for a child with a serious illness.

CARE COMPASSION COMMITMENT



TreasureHealth.org

Proudly Serving Okeechobee County

Hospice care has always been at the heart of all that we do. Since 1982, Treasure Coast Hospice has been providing compassionate end-of-life care to patients and families in our community.



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Three strategies to protect mental health

Improving one's overall health and maintaining that health over the long haul can have a profound impact on quality of life. For example, the Harvard Medical School notes that regular exercise can slow the natural decline in physical performance that occurs as people age. That means routine exercise can serve as something like a fountain of youth that allows people to keep their cardiovascular fitness, metabolism and muscle function on par with their younger counterparts.

When attempting to improve long-term health, it's important that people emphasize mental health as much as they do their physical health. The Anxiety & Depression Association of America notes the importance and effectiveness of preventive efforts in relation to depression and anxiety. In regard to mental health, prevention efforts can function in much the same way that exercise serves physical health. Routine exercise helps people to maintain healthy weights, reducing their risk for various conditions and diseases. Preventive efforts designed to improve mental health can significantly reduce a person's risk for anxiety and depression.

Various techniques and strategies can be utilized to promote mental health, and these three are simple and highly effective.



1. GET ENOUGH SLEEP

According to the Primary Care Collaborative, a not-for-profit member organization dedicated to advancing an effective and efficient health system, sleep and mental health are intimately related. Sleep loss can contribute to emotional instability. The amygdala is the part of the brain responsible for



humans' emotional responses. When an individual does not get enough sleep, his or her amygdala goes into overdrive, leading to more intense emotional reactions. The prefrontal cortex is another part of the brain that needs sufficient sleep to function properly. Without it, the prefrontal cortex, which is integral to impulse control, cannot function properly. Adults can speak with their physicians about how much sleep they should be getting each night. Those needs change as individuals age.

2. EAT A BALANCED DIET

A balanced, healthy diet doesn't just benefit the waistline. According to the ADAA, a balanced diet that includes protein, healthy non-saturated fats, fiber, and some simple carbohydrates can reduce the likelihood that mental health issues like fatigue, difficulty concentrating and irritability will arise during the day.

3. VOLUNTEER IN YOUR COMMUNITY

A 2020 study published in the Journal of Happiness Studies found that people who volunteered in the past were more satisfied with their lives and rated their overall health as much better than people who didn't volunteer. Perhaps the most noteworthy finding in the study was that people who began volunteering with lower levels of well-being tended to get the biggest boost from volunteering. Volunteering provides opportunities to socialize, which can help ward off the loneliness that can sometimes contribute to anxiety and depression.

Mental health is important, and protecting it should be part of everyone's health care regimen.

Six good reasons why you should see Big Lake Eye Care

HEALTH

Here at Big Lake Eye Care we believe in investing in the health of our patients. Dr. Charles Bartels and his associates use state of the art equipment to diagnose and treat many diseases of the eyes including:

- **Macular Degeneration • Dry Eye • Cataracts**
- **Diabetic Retinopathy • Retinal Detachment**
- **Glaucoma**

Many serious eye diseases often have no symptoms. Glaucoma is an eye disease that causes vision loss with or without symptoms and is commonly known as the “sneak thief of sight.” Conditions such as macular degeneration or cataracts develop so gradually that you may not even realize your vision has decreased. Diabetic retinopathy is a condition that commonly affects diabetic patients. Early detection of these and other eye diseases is important for maintaining overall health and vision.

VISION

Many times annoying headaches, general eye fatigue, and blurry vision can often be caused by the need for eyeglasses or changes in your prescription. We can diagnose vision problems for you such as

- **Farsightedness • Astigmatism • Presbyopia**
- **Nearsightedness • Computer Vision Syndrome**

QUALITY CARE

Our main goal when you come in or call our office is to make you feel comfortable. You can trust that your eye care is in the best of hands. Dr. Bartels and associates have specialized training and a combination of over 40 years experience in the field. Let us make your eye care experience the best it can be.

STYLE

There is nothing wrong with having a little fun. While your exam is crucial for great vision, so is your eyewear. Big Lake Eye Care offers eyewear that keeps up with the latest fashions and most of all; quality. Lens-making technology continues to improve. If you haven't updated your glasses in a while, you may be pleasantly surprised at the many new options available to you today. Sunglasses have also become a fashion accessory...let our licensed optician and other associates help you make a selection that fits your lifestyle and personality.

INSURANCE

We are a provider for many vision and health insurance companies and our friendly staff will be happy to help you with the billing process, as well as help determine your benefits under your plan.

The following is a partial list of some of the insurance companies we are in network with:

Medical Plans

**Medicare • BCBS • UHC • AARP • Cigna
Medicaid • Healthy Kids**

Vision Plans

**VSP • VCP • Eyemed • Spectera
Superior • Davis Vision • Optum Health**

TECHNOLOGY

Big Lake Eye Care uses advanced computerized solutions for your eye care. We employ the most technologically advanced equipment to measure 100% of your visual system. High Definition Digital Imagery and Scanning Lasers allow a comprehensive retinal and optic nerve assessment.

Since we opened our doors in August 2004, Big Lake Eye Care has strived to always have a friendly hometown atmosphere, while having the latest technology of a state of the art practice.

Dr. Bartels and family are lifetime residents of Okeechobee. A graduate of Okeechobee High School, he continued his premed studies at the University of Florida, then attended Nova Southeastern University where he received his degree as a Board Certified Optometric Physician.

Dr. Bartels values the importance of serving the community he grew up in.

Big Lake
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What a great achievement purchasing your first home is! Of course with the euphoria are also some butterflies - especially leading up to the "big day." You'll probably need some expert direction along the way — and you'll undoubtedly want an experienced REALTOR® looking out for your greatest interests. I am absolutely trained and qualified in Okeechobee real estate, and would love to help you buy your first home.

Not all REALTORS® are equally qualified to help YOU find a home. My dedication to you, my client, is what sets me apart. Here are some things you can expect when you use Anderson Realty Co. for your first time home purchase.

The process of purchasing a house has many stages. I'll be there for everything from finding the perfect house among all the properties available in Okeechobee, to advising you on closing costs and everything in between.



- I'm the local specialist, and can assist you with establishing a want list of features and amenities you want in your community, school district, and your house.
- The financial elements of purchasing a house can be overwhelming. I'll walk you through the many mortgages and home buying plans at hand.
- I'll keep track of all the newest listings, and make sure you see all the houses that seem like a good fit.
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