

Lake Okeechobee Area

Medical **Information** Guide



Area
**medical
professional**
spotlights

A Lake Okeechobee News special publication ♦ 2021



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Consultant Pharmacist

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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 Pharmacist 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 SPECIALTY PRESCRIPTIONS and On Demand COMPOUNDING?

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PHARMACY THE WAY IT'S SUPPOSED TO BE

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Six Good Reasons Why You Should See Us

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
Eye Care



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Okeechobee, FL 34972

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We will help you save money & stay healthy



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

<p>www.HeartlandDiscountPharmacy.com</p> <p>863-763-7633</p> <p>Locally Owned Locally Loved</p> <p>FREE Rx DELIVERY</p> <p>All Insurance Accepted</p> <p>We will match all competitor prices, FREE antibiotics, diabetic, & generic medication programs.</p> <p><small>*Some Restrictions Apply</small></p>	<p>HEARTLAND DISCOUNT PHARMACY</p> <p>"Caring Beyond Prescriptions"</p> <p>WE OFFER</p> <ul style="list-style-type: none"> - SPECIALTY COMPOUNDING - BUBBLE PACK SERVICE - FLU/PNEUMONIA & SHINGLE SHOTS <p>Rx Ready In Minutes</p> <p>Dispensing Quality Care @ the Lowest Prices.</p> <p>Courteous & Professional Staff</p>	<p>MAKING HEALTHCARE MORE AFFORDABLE</p> <p><small>"Serving Community Since 2010"</small></p> <p>Full Service Retail Pharmacy</p> <p>Best Cash Price In Town</p> <p>Your Neighborhood Pharmacy Where Customer Service & Personal Attention Are Our #1 Priority.</p> <p><small>*Some Restrictions Apply</small></p>
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Neeraj Julka, MD

- **Specialty:** Family Medicine
- **Language:** English
- **Education:** Government Medical College in Patiala, India
- **Experience:** Residency at St. John Hospital in Cleveland, OH
- **Certifications:** Board Certified in Family Medicine

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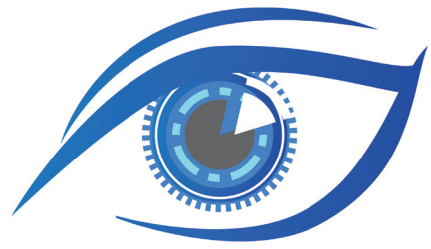
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Preventative and routine eye exams help maintain good eye health



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 above 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 began 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



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Heartland Neurology offers patients 15 years of clinical experience



Hearthland Neurology is an outpatient Neurology clinic. Dr. Santana is a board-certified neurologist and board-certified neuromuscular specialist with fifteen years of clinical experience. She completed fellowships in both Neuromuscular

medicine and Neurophysiology at Louisiana State University Health Sciences Center in New Orleans, LA. In addition to the diagnoses and treatment of various neurological conditions, she also performs Electromyographies, Nerve Conduction Studies, and select non-cosmetic Botox procedures for chronic pain. Dr. Santana speaks English and Spanish with equal fluency. Heartland Neurology schedules appointments Tuesday through Saturday.

Neurological conditions include: Alzheimer's and dementias, neuropathies, migraines and headaches, epilepsy and seizures, ALS/motor neuron diseases, myasthenia gravis, Parkinson's and tremors, multiple sclerosis, polymyositis and muscle disease,

and many others.

Symptoms of neurological problems include: headaches, facial pain, weakness, numbness & tingling, tremors (shaking), balance problems, seizures, memory problems, and more.

Procedures performed in LaBelle include: Nerve Conduction Studies, electromyographies (EMG), Botox injection for dystonia, Botox injections for spasticity.



Heartland Neurology

Lenay Santana, M.D.

*Board-certified
Neurologist*

*Board-certified
Neuromuscular
Medicine*

*Clinical Neurophysiology
Fellow*

777 W. Hickpockee Ave, Suite C, LaBelle, FL 33935
p: 863.230.6950 • f: 863.674.7140 • DrLenaySantana.com



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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Medical **Information** Guide

11 ♦ 2020 - 2021

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 County, Southern Glades County and Western Palm Beach County. 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 recently opened at the hospital 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 3D Mammography, Infusion Services and additional Family Practice Providers. With the continued growth of services and providers HRMC built a new Medical & Rehabilitative Services building. The new building provides additional space for rehabilitative services and dedicated medical space for future growth.

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**



Local Surgical Services in Hendry County Reduce Burden of Travel

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. Carroll 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," Dr. Carroll 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.hrmc.us.



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

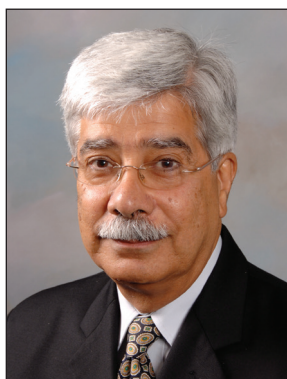
Traveling long distances can add to the stress and discomfort of surgery. The need to travel to and from a facility outside the community can also cause a burden for family members. Fortunately for Hendry County residents, common surgical procedures are available at Hendry Regional Medical Center.

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 Dr. Leonard Carroll, Board Certified General Surgeon. "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



Dr. Leonard Carroll



Dr. Darayes Mobed

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, as well as interventional pain management such as lumbar spine injections, and shoulder or knee nerve radio-frequency ablations.

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



**HENDRY REGIONAL
MEDICAL CENTER**

"Where It's All About Getting Better"



How often do kids need eye exams?

Many people expect their vision to fade as they grow older. Such expectations are not unfounded, as the National Eye Institute notes that certain vision changes, including diminished vision and difficulty distinguishing colors, are a normal part of aging. But even children can experience changing vision, which only

highlights the importance of kids receiving routine eye exams.

Eye examination frequency depends on the age of the child and the condition of his or her eyesight at the time of each exam. The American Optometric Association has established these guidelines for pediatric eye examination frequency to help parents know when to get their youngsters' vision checked.

Birth to 2 years

Children in this age group whose physicians have deemed them asymptomatic of potential eye conditions or at low risk of developing eye conditions should have their eyes examined sometime between six and 12 months of age. Kids who

may be at risk should adhere to the same schedule, though the AOA notes that exams for at-risk children may need to be conducted more frequently, even in this age group, than kids who are symptom-free. Eye doctors will speak with parents and recommend an eye exam schedule based on their initial examination.

3 through 5 years

Children between the ages of three and five who are at low risk of developing eye conditions should have their eyes examined at least once between their third and fifth birthdays. The same goes for kids who are at risk, though doctors may recommend more frequent examinations for such youngsters.

6 through 18 years

Whether they are at risk of eye conditions or not, children between the ages of six and 18 should have their eyes examined before first grade and annually thereafter. Youngsters who are at risk may need more frequent examinations as they get older.

Eye examinations are an important component of child healthcare. By adhering to AOA eye examination guidelines, parents can ensure any vision problems their children develop are quickly caught and can be treated before they adversely affect youngsters' lives



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Specialty Vision Care has remained open during this pandemic to serve you. We have CDC protocols in place to protect our patients and staff. Call us at 561-226-4922 for all of your eye care needs. We have specialists who provide care in the Belle Glade office so most of your needs can be met on site without having to be referred out to a non-local specialist.

**SPECIALTY
VISION
CARE**



Heather B. Seith, MD • Nicole A Tyrrell, OD

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(561) 226-4922



Treasure Coast Hospice Belongs to the Community



Treasure Coast Hospice was founded in 1982 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 – A highly qualified team delivers care 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 serious illness and their families.

Veterans Program – As a certified Level 4 We Honor Veterans partner with Veterans Affairs, they help veteran patients navigate the VA system and offer programs that honor veterans for their service.

Thanks to the generous support of the community, the Treasure Coast Hospice Foundation is able to fund indigent hospice care, a Treasured Pets program and complementary therapies such as music and massage.

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 its community.

For 24/7 support, call 772-403-4500.



Treasure Coast Hospice
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COMMITMENT**
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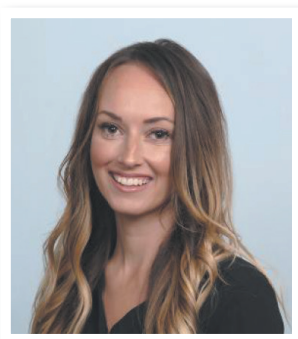
*Caring for patients and families in
Okeechobee, St. Lucie and Martin Counties*

Do you have Questions about your **MEDICARE?**

Now is the time! I can help! ABCD can be confusing; I represent multiple Medicare insurance carriers; At no cost we can compare together and decide which Medicare plan will work best for you!

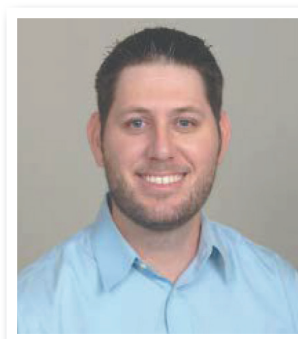


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- **Unhappy with your Medicare plan?**
- **Just moved to this area?**
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- **Turning 65?**



Brooke Hall

(810) 986-0483



Justin Hall

(863) 616-3162

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MEDICARE PLANNING
PROFESSIONALS, LLC

OHCF recognized as 5-Star Federal & State Nursing & Rehab Facility!

As we all are becoming accustomed to a “new normal” life, the residents and staff at Okeechobee Health Care Facility have realized how much we enjoyed and dearly miss smiles, hugs, group dining, group activities, singing together, laughing together and enjoying the company of other residents and staff members.

At the time of this printing, OHCF has had no residents or staff members test positive during the weekly testing for the past three weeks, which includes over 300 people! We look forward to continuing our record, and hopefully federal restrictions will be lifted in the near future. The following narrative is a description of the previous “normal.”

The vision that Okeechobee needed its own nursing home started with Okeechobee native Faye Haverlock, whose father and father-in-law both needed nursing home services and the closest, acceptable facilities were at least an hour away.

Believing strongly that residents needed to continue spending as much time as possible with their family members during nursing home placement, Faye began the tedious 18-month process to secure the local and state approvals required to build a local nursing home. (She keeps a picture on her desk of the 3' stack

of documents needed during the approval process). Construction began in 1983 and Okeechobee Health Care Facility (OHCF) opened in December 1984 with 90 beds.

The first resident was Tootsy Morgan who said “Take me home to Okeechobee” as he climbed into a taxi at a Ft. Pierce nursing home. Fast forward 36 years and Okeechobee Health Care Facility is a family owned and operated, clean, well-respected, technologically advanced 180-bed facility, employing over 225 staff members, who have clear background screenings.

Three different types of residents are served at Okeechobee Health Care Facility: Residents who typically have short stays for intensive nursing and/or rehab therapy; Long-Term care residents who have health issues and need nursing care available to them 24/7; and, a secured memory-care wing for those residents with memory challenges.

A full-time Medicare, Medicaid and Managed Care Organization Program specialist is available, free of charge, to assist families in sorting through the financial aspect of nursing home placement or care. The goal of OHCF is for the family to keep its assets and still afford the needed care. There is federal assistance for single persons and also married couples

whose monthly income falls below established income limits. Call Erika at 863-763-2226, extension 4031 to schedule an appointment to review your eligibility.

The Rehab department, consisting of 15 experienced, encouraging therapists in the areas of physical, occupational and speech therapy, guides residents through stretches, exercise and the use of exercise machines.

Residents are engaged in a kind and loving manner so that therapy is a pleasant experience and improvement occurs more rapidly. Out-patient therapy is also available.

The nursing department consists of Registered Nurses (RNs), Licensed Practical Nurses (LPNs) and Certified Nursing Assistants (CNAs). Nurses are trained in geriatric nursing and provide compassionate, unrushed care.

Each nurse utilizes a portable computer station equipped with a documentation program to more efficiently and thoroughly document status and care.

CNAs provide physical assistance and encouragement to the residents, as needed, during activities of daily living such as bathing, dressing and eating and then update the wall mounted touch-screen computers to document resident care which is immediately uploaded to the nurses' computers.

New recipes are continually incorporated into the Dietary 6-week menu. Special requests are accommodated as much as possible so that the residents are served food they prefer while maintaining the diet type recommended by the doctor. Fresh fruit, salads, sandwiches and

Continued to page 20



Okeechobee Health Care Facility

★★★★★ **We're FEDERAL and STATE 5-Star Rated!** ★★★★★

Okeechobee Health Care Facility Provides the Highest

Quality Nursing Care in a Loving, Residential Setting

- Awarded JCAHO Accreditation for Nursing Homes
- On most-recent ranking, OHCF ranked #1 of 78 nursing facilities in District 9 which consists of Palm Beach, Martin St. Lucie, Indian and Okeechobee Counties.
- One of 37 Florida Nursing Homes to receive the Governor's Gold-Seal Award
- Recipient of the National American Health Care Association Silver Award for Excellence in Quality
- Skilled 24-hour Nursing Care
- Transportation Vans Available
- On-site Beauty and Barber Shop
- Family-Owned and Operated Since 1984
- Located Just South of Raulerson Hospital
- Speech, Occupational & Physical Therapists
- Rehab Wing for In-House & Out-Patient Therapy
- Medicare, Medicaid & Managed-Care Program Specialists
- Dietitian-Planned Meals, Stimulating Activities & Chaplain Services

*Ask About Our
Secured
Memory-Care
Wing*



An anonymous family member of a resident surprised the staff with this Heroes Work Here sign at the beginning of the COVID-19 pandemic in March



The staff and residents were pleasantly surprised when OHCF was named the #1 Nursing Facility in FL by Newsweek 2020

Named among America's "Best Nursing Homes" by US News & World Report since 2014



OHCF — We LOVE to CARE!

John Abney, state certified general contractor/project manager of Abney Building & Consulting, and his sister Faye Haverlock, Founder/CEO of OHCF stand in front of a new 15,000 foot addition being built. The addition features 10 semi-private and 10 private rooms, and it should be completed in April 2021. This will add 30 new beds, bringing the total up to 220. The addition, known as D Wing, will also provide an activity room and a dining room which will connect to C Wing via a courtyard area.



(863) 763-2226 | 1646 U.S. Highway
okeechobeehealthcare.com

441 North, Okeechobee, FL 34972
okeechobeehealthcare.com

Continued from page 17

home-made soups are available all day, every day, in addition to the regular menu items.

A Certified Dietary Manager and a Consulting Dietitian are available to meet with the resident and family members to fine-tune the resident's food preferences, as needed. Individualized computerized meal tickets are printed for each resident for every meal to ensure that the food the resident receives is diet accurate and is food the resident prefers.

Each month, a calendar of stimulating activities is planned to cover a wide range of interests and abilities.

Residents are routinely encouraged to share their talents during activities. Special activities with coordinated treats and snacks are planned to celebrate holidays, starting with a Valentine's King and Queen being crowned, a Mardi Gras party complete with masks and beads, St. Patrick's Day party with everything green, an Easter-Hat Parade, a Mother's Day tea with china teapots, a Father's Day root beer, pizza and John Wayne party, a July 4th picnic, Trick or Treat and pictures of residents and employees' family members dressed in Halloween costumes, all the trimmings at Thanksgiving along with turkey and ham, and a Christmas party with carols and songs along with several presents for each resident.

There are two very special traditions celebrated at OHCF; the Veterans Day ceremony and the Resident Art Calendar Show. The

veterans enter the Veterans Day ceremony to the patriotic song for their branch of service while a review of their military history is read. A veteran leads the group in the Pledge of Allegiance, the oldest veteran is recognized, and the group sings several patriotic songs. God Bless America is played as a piano duet by the CEO and vice president, gifts are distributed to the veterans and family pictures are taken.

The OHCF annual Resident Art Calendar Show begins with a Resident and Family Parade through the building



followed by an unveiling of the annual calendar which features residents' paintings.

Art classes are held weekly and all residents are encouraged to participate, even if they've never painted before. The calendars are sold for \$10 and all monies are returned to the resident art-fund account. Numerous resident artists have commented over the years how surprised and pleased they were with their accomplishments!

In addition to the daily activities planned for the residents and two extra special weekly events, Movin' & Groovin' on Thursday and Ringin' and Singin' on Friday, volunteers are an integral part of the activities program at OHCF.

Individuals and groups enrich the residents' lives every week with church services, Bluegrass bands, birthday celebrations, singing, playing the piano, banjo, guitar, keyboard, fiddle, harmonica, accordion, bass and hand-made jug instruments!

Local church groups and school choruses entertain the residents regularly, especially during the holiday seasons. Many of the volunteers have been involved with OHCF for over 30 years!

There are several outdoor patio areas where family members and

friends can sit and visit with the residents to catch up and reminisce.

A hair stylist is available for haircuts, hairdos and perms at the Beauty Salon/Barbershop.

Family members, visitors and inspectors frequently comment about how friendly the employees are and how well they know the residents!

Call (863) 763-2226 to arrange a tour of Okeechobee Health Care Facility or to schedule an appointment with our Program Specialist to determine financial eligibility.

We LOVE to CARE and are proud of our 5-Star rating and the Governor's Gold Seal Award, Baldrige National Silver Award and JCAHO national accreditation. We were so pleasantly surprised when Newsweek 2020 named OHCF as the #1 Nursing Facility in the state of Florida for 2020!

View Our Ad in the Center Spread of the Book



Dr. Morrison specializes in treating all manner of infectious diseases



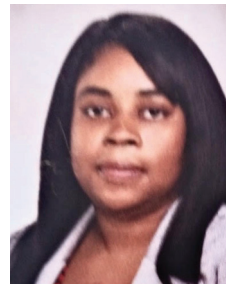
Esther Morrison, M.D. has been in practice since 2007, and she is a member of the Florida Infectious Disease Society. Dr. Morrison has been board certified in both Internal Medicine and Infectious Disease.

Dr. Morrison received her

undergraduate degree from Florida State University and her medical degree from the University of Florida College of Medicine. She completed her residency in Internal Medicine at the University of Alabama in Birmingham and an Infectious Disease fellowship at the University of Texas Health and Science Center in San Antonio.

Dr. Morrison's areas of expertise include:

- Atypical Mycobacterial Infections
- Pulmonary and Extra-Pulmonary Tuberculosis
- Endemic Fungal Infections (Coccidiomycosis & Histoplasmosis)
- Brucellosis
- Hepatitis B & Hepatitis C



- Opportunistic Infections associated with AIDS
- Bacterial & Fungal Endocarditis
- Syphilis
- HIV

Dr. Morrison offers a wide range of services including primary care, infectious disease consultation,

house calls and telemedicine. Her office also serves as an infusion center.

Dr. Morrison's office is located at 1920 Palm Beach Lakes, Suite #214, in West Palm Beach, FL.

To schedule an appointment, please contact the office at 561-809-5292.

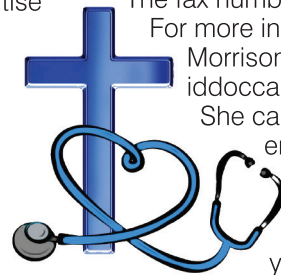
The fax number is 844-970-3164.

For more information on Dr.

Morrison, visit her website at iddocares.com.

She can also be reached by email at iddocares@yahoo.com.

"Beloved, I wish above all things, that you prosper and be in good health." - 3 John 2



The Doctor will See You Now...

from your home

Telemedicine Services just a click away!

Dr. Esther Morrison, MD

iddocares.com
iddocares@yahoo.com

Office Phone: **561-809-5292**

Office Fax: **844-9703164**



Hospice of Okeechobee, Inc. offers a Special Kind of Caring

their ability to pay. Care can be provided in their home, Assisted Living Facility, hospital room, or at the Hamrick Home. The Hamrick Home is located at 411 SE 4th Street in Okeechobee, Florida.

In addition, we offer Caregiver Support and Bereavement Services regardless of Hospice eligibility.

Hospice of Okeechobee has always shared close ties with the community it serves. Established in 1983 by a group of local individuals who saw the need for hospice care in Okeechobee. Two of our founding members Fran Syfrett and Dorothy

Bulger are still actively involved with Hospice of Okeechobee Board of Directors. Hospice of Okeechobee became a Charters Health Affiliate in 2019.

Hospice of Okeechobee offers nationally award winning hospice care to individuals regardless of



QUESTIONS AND ANSWERS

WHEN IS THE RIGHT TIME TO CONTACT HOSPICE IN OKEECHOBEE?

You may think you have done all you can, but there is so much more we can do. If you are facing difficult decisions about end-of-life care, Hospice of Okeechobee may be the answer for you.

WHAT IS HOSPICE CARE?

Hospice of Okeechobee provides a special kind of care and support for persons in the last months of a life-limited illness so that they may live as fully and as comfortably as possible. Hospice care focuses on controlling the patient's pain and other physical symptoms of their illness, while also, providing emotional and spiritual support for both the patient and their family. Hospice helps patients and families with end-of-life decision-

making, meeting life goals, enhancing family relationships and promoting comfort.

WHAT SERVICES DOES HOSPICE OF OKEECHOBEE PROVIDE?

Personal care, by Hospice Aides such as bathing, dressing, feeding or light household duties.

Highly skilled nursing care with an emphasis on symptom management and end-of-life care.

Social Workers offer emotional support and assistance with financial and legal concerns to both the patient and family.

Spiritual support by non-denominational chaplains.

An active volunteer team to help with small errands, listening skills or more importantly, just being there when needed.

Bereavement support for patients

and families for up to 13 months.

On Call Nursing staff is available to assist patients 24 hours a day, 7 days a week.

The only Hospice Residence in our area for patients that choose to pay a room and board fee to move to the Hamrick Home where they receive services in a home like setting. A Registered Nurse and Hospice Aide are present at all times to provide the care needed, including meals and housekeeping duties

The Hamrick Home provides Inpatient Care, where the patient may come for a short stay to control symptoms and return home, avoiding the ER.

Respite Care at the Hamrick Home assumes caregiving responsibilities for up to 5 days so caregivers may rest.

863-467-2321

411 SE 4th Street, Okeechobee, FL 34974

Donations are an important source of our funding and help us to cover some of the additional cost not covered by insurance, Medicaid or Medicare.



Hospice

Of Okeechobee, Inc.
a special kind of caring®



Since 1983, Hospice of Okeechobee, Inc. has been providing our community with comfort, guidance and support for any serious illness. We provide services in your home, assisted living facility, hospital room or in our residence/inpatient Hamrick Home.



A Chapter's Health Affiliate

To learn more, call us at
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or visit
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411 SE 4th Street
Okeechobee, FL 34974

A Florida non-profit and 501c(3) tax exempt corporation

How helping others helps you

Few paths to positive personal growth are more noble than resolving to help others through increased acts of generosity and kindness.

According to Psychology Today, doing good for others, no matter how big or small the deed, feels good but also provides reciprocal benefits. The link between volunteering and lower rates of depression has been well-documented, and there is neural evidence from MRI studies suggesting a link between being generous and signs of happiness in the brain.

The following are several ways to improve oneself by being more mindful of others.

Be aware of social issues.

Read your local newspaper to stay up-to-date on the pulse of your community as well as the world. Educate yourself about current issues that are affecting people from all walks of life. Understanding the needs or plights of others may boost your willingness to get involved with nonprofit organizations. It also may make you more empathetic and compassionate toward other people.

Volunteer at a charity. Find a charitable group with which you can volunteer your time. This is a great way to support a cause you believe in and makes it possible for you to collaborate with others who are like-minded, potentially helping you make new friends.

Learn a new language. North America is a melting pot that's home to people from many different parts of the world. Learning a new language may facilitate interactions with fellow community members who might not speak English as a first language.

Help someone you know. It's commendable to want to assist a charity or a global cause, but what about people close to you who may need a boost? Whether you're lugging boxes to help a friend move or babysitting a niece or nephew so their parents can enjoy a much-needed night out, when you help someone, those good deeds will return to you in time.

When making resolutions, people should consider goals that involve helping others. While this assistance can benefit the people who are on the receiving end of the care and attention, those who are giving of themselves also reap considerable rewards.



Safe entertaining options during the pandemic

fashionable, there are ways to incorporate them into the theme of your gathering. Ask everyone to wear a specific color or style of mask. Purchase extra masks for guests if you suspect someone may

not own one.

Offer individual portions

Self-service buffets and drink bars may be risky. Instead, you can don proper safety gear and serve food to your guests to minimize the amount of people touching food or beverages.

Have individual drinks

Canned soft drinks, beers or small bottles of wine may also help limit the spread of the virus by providing individually portioned beverages rather than having people pour or ladle drinks out of communal offerings.

Provide hand-cleaning options

Encourage guests to wash their hands frequently and make sure there's plenty of soap in the bathroom. Individual paper towels, while not as eco-friendly as reusable cloth towels, also can improve bathroom hygiene. Keep containers of hand sanitizer in high-traffic spots around the entertaining area as well.

Check for symptoms

No one wants to play bouncer at their own dinner party, but checking to make sure guests are well or experiencing symptoms can minimize risk. The CDC urges anyone who is feeling unwell to avoid gatherings.

Hosting a gathering in the era of COVID-19 can be challenging. However, it's possible to do so safely if hosts and their guests adhere to safety precautions set forth by local governments and the CDC.



Entertaining has changed quite a bit in 2020. Government-issued restrictions dictated how many people you could invite into your home or even your backyard. Large family gatherings, such as weddings or birthday parties, were put on hold. Many people are still cautious about crowds and maintaining their distance, even from close friends and family and even as safety protocols have been loosened.

Those who are eagerly awaiting hosting dinner parties or backyard gatherings can take various steps to ensure the health and safety of their guests. These guidelines can help make entertaining that much safer.

Keep the guest list small

While you may want to invite as many people as possible, keeping the guest list small can help you keep better track of contact tracing should anyone develop symptoms or feel ill. It also limits the number of people with whom you come in contact. If you plan on entertaining

routinely, stick to the same guest list over and over rather than inviting new people.

Maintain social distancing

The Centers for Disease Control and Prevention continues to urge people to remain at least six feet apart from one another. Spread happens when an infected person coughs, sneezes or talks and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets also can be inhaled into the lungs. The CDC and other health organizations maintain that keeping at least a six feet from others reduces the likelihood that respiratory droplets will land on another person. More distance is always better. Leave room between seats around the dining table, and discourage crowding around entertaining areas.

Wear masks

Masks can be worn when maintaining distance is not possible. Although masks may not always be comfortable or



Volunteer safely during the pandemic



Volunteers are vital to the survival of many charitable organizations. Without people willing to offer their time and expertise free of charge, many nonprofits would find it difficult, if not impossible, to meet their missions.

The global pandemic that began in late 2019 and continued into 2020 changed many aspects of life as the world knew it, and that includes volunteering. Social distancing measures and stay-at-home mandates from state and local governments discouraged people from leaving their homes, while various health organizations warned aging men and women to stay home as much as possible. The Centers for Disease Control and Prevention notes that the risk for severe illness from COVID-19 increases with age. In recognition of that threat, many retirees who were heavily involved in volunteering prior to the pandemic were forced to cease working as volunteers, which could have a

negative effect on their mental health as the pandemic continues. A report from the Mayo Clinic Health System noted that adults over age 60 experienced greater life satisfaction and greater positive changes in their perceived health as a result of

volunteering.

Many people have continued to volunteer during the pandemic, and those that want to do so can take these steps to make sure their efforts to give back are as safe as possible.

Speak with your physician first

Anyone, but especially seniors, who wants to volunteer during the pandemic should discuss those aspirations with their physicians prior to offering their services to charitable organizations. Doctors can discuss the acute and chronic threats posed by the COVID-19 virus and examine each individual's medical history to help potential volunteers decide if working with a local charity is safe. In addition, doctors can check patients for COVID-19 symptoms and even have them tested to make sure they won't be putting anyone in danger should they decide to volunteer.

Contact the organization prior

to volunteering

Some organizations may not be allowing potentially at-risk volunteers to perform in-person tasks. Contact the organization you hope to work with prior to signing up to confirm your eligibility, but also to discuss the safety protocols they've put in place to protect the health of their volunteers.

Monitor your own health

If you've signed up to volunteer, it's vital that you monitor your own health. Health officials believe the COVID-19 virus has spread so rapidly for a number of reasons, including the likelihood that many people have had the virus but shown no symptoms. Charitable organizations will no doubt assess the health of each volunteer when they show up to work, but volunteers also should make such assessments on their own. Check your temperature each day and familiarize yourself with the symptoms of COVID-19. If you suspect you are unwell or are even slightly under the weather, contact the charity and tell them you won't be showing up that day. Operating with an abundance of caution during the pandemic can save lives.

Consider virtual volunteering

Virtual volunteering is a safe way to give back that won't expose volunteers or others to the COVID-19 virus. Charitable organizations need behind-the-scenes help just as much as they need volunteers with their boots on the ground. Virtual volunteers can help with fundraising efforts and event planning, but also help charities overcome the logistical challenges of operating and meeting their missions during the pandemic.

Prior to volunteering during the pandemic, prospective volunteers can follow numerous steps to ensure volunteering is safe, both for them and the people they're trying to help.





their natural healing abilities as well as functionality.

Remember when you were a kid and you skinned your shin riding a bike? Do you remember how quickly it healed?

Now as adults if we skin our shin it takes a long time for the mark to go away. That is a result of diminished healing ability. Fortunately, each person is born with building blocks capable of repairing and replenishing tissue. Through research and new understanding of these vital building blocks, we aim to optimize your body's ability to heal itself.

Regenerative medicine is defined as "aiding the body's ability to heal itself." When we administer a

ONE 30-MINUTE TREATMENT COULD END YOUR KNEE PAIN!

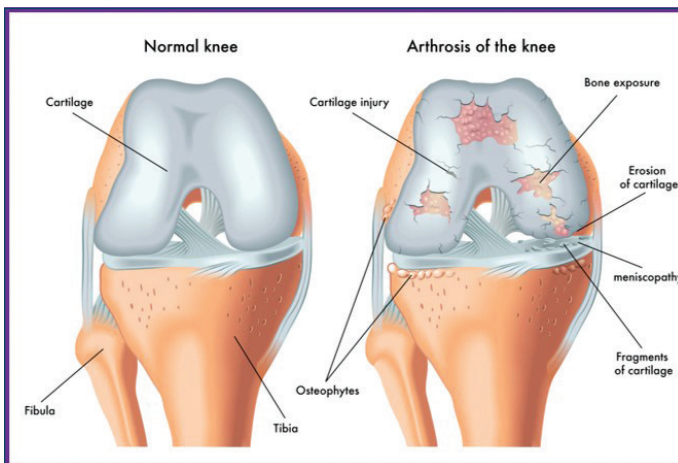
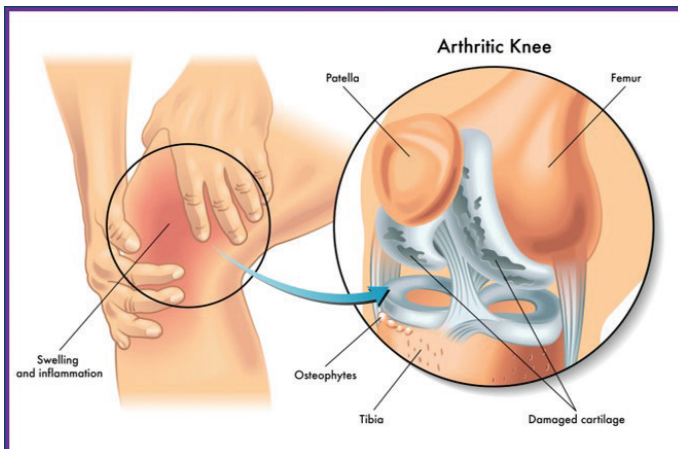
Have you ever wondered how different your life would be if you could significantly reduce of your knee pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that knee pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating knee pain, we invite you to regain control of your life by visiting ABC Integrative Medicine, a modern, holistic medical facility.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce tiny transplant tissues (micro Human Cell & Tissue Transplant (mHCTT) into your knee (or other affected joint) and then allow your body's own healing process to go to work. These transplanted cells and tissues include building blocks used by your body in nearly every type of tissue! Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHY DOES THE BODY LOSE THE ABILITY TO HEAL?

Over time, due to age, injury and disease our bodies lose



regenerative medicine product like our vital human cell and tissue products, we are putting back in or supplementing the things that naturally occurred in your body and aiding



body's ability to heal itself.

Our products are derived from birth tissue after a happy, healthy birth and are minimally manipulated in manufacturing to preserve the most important cytokines, proteins, growth factors and scaffolding properties: the functional factors involved in the reconstruction, repair and protection of human tissue.

WHAT IS THE PROCESS?

In our office, regenerative therapy treatment includes **mHCTT** joint injections which transplant donated human tissues with growth factors, cytokines and mesenchymal cells into areas of tissue or joint damage. With all of our regenerative therapies our #1 goal is to help support your body's ability to repair and strengthen the tissues and supporting structures, whether it is cartilage, ligament or muscle tissue. Regenerative therapy targeting joints is used to help support acute and chronic injuries, knee meniscal tears, loss of knee joint cartilage, as well as degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Results will vary among patients, but many report experiencing pain relief in as little as one week and some even begin enjoying normal everyday activity within a few days following the regenerative treatment. You have probably recently seen many professional athletes in the news using regenerative treatment to assist in the healing of their bodies following a sports injury (including Super Bowl champion Peyton Manning).

Since the body naturally continues to adapt and heal for several months afterwards, further recovery of function in

the joint and the supporting tissues can occur.

IS IT AFFORDABLE?

Yes. Our clinic has made regenerative medicine treatment affordable and within reach of most people. Imagine eliminating the need to wear a knee brace or the dependency on anti-inflammatories or opioids...or being able to get back into action and doing the activities you love to do.

WHO IS A CANDIDATE FOR MHCTT TREATMENT?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs due to knee pain? Are you considering surgery to alleviate knee pain? Have you tried everything to get rid of knee pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate for a mHCTT regenerative medicine treatment.

HOW DO I KNOW THIS IS RIGHT FOR ME?

In many cases, regenerative therapy with **mHCTT** is a solution for knee pain. Our medical staff will give you an honest and fair evaluation of your particular knee pain. We are pleased to announce that we have expanded our schedule and are now accepting new patients. Take the next step by scheduling your appointment today.

Call today: (863) 763-4320



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Joint Pain 

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 **advancedspineandjointmedicalcenter.com**

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BLUE OCEAN DERMATOLOGY



Michael Murchland, M.D.
Dermatology



Jason Welch, APRN



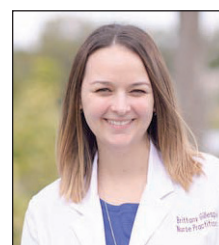
Nitra Welch, APRN



Dudley Giles, M.D.
Plastic Surgeon



Stanley Katz, M.D.



Brittany Gillespie, APRN

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 (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 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



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

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Monday - Friday 9 -5



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.

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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.

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Medical Information Guide

31 ♦ 2020 - 2021

Answering common questions about handwashing



Prior to 2020, people may never have imagined they would devote so much of their focus to handwashing. But handwashing took center stage in 2020, as organizations such as the World Health Organization and the Centers for Disease Control and Prevention touted it as an important safety measure against the COVID-19 virus.

It's understandable to question if something as simple as handwashing can really help combat potentially deadly viruses like COVID-19. But the CDC notes that handwashing is one of the best ways people can protect themselves and their families from getting sick. Understanding just how handwashing works may help people better understand how this simple gesture can potentially save so many lives.

How does handwashing remove germs?

The CDC notes that soap and

water worked into a lather trap and remove germs and chemicals from hands. Water is a vital component of handwashing, especially when it's applied to hands before soap. Water helps develop a better lather than people will get when applying soap to dry hands. That's important because a good lather forms pockets known as micelles that trap and remove germs from hands.

Why is it important to wash hands for 20 seconds?

Prior to the pandemic, many people likely had no idea that proper handwashing calls for washing hands for 20 seconds. So why so long? The CDC notes that studies have found that hands need to be scrubbed for 20 seconds in order to remove harmful germs. Washing for anything less than 20 seconds runs the risk of leaving germs on your hands.

Should I use antibacterial

hand soap?

It might surprise some to learn that the CDC says antibacterial hand soap is not necessary for anyone outside of professional health care settings. Studies have found no added health benefit of using antibacterial soap as opposed to plain soap and water. So consumers should not fret if they can't find any antibacterial hand soap on their next trip to the grocery store.

Should I use warm or cold water?

According to the CDC, when combined with soap, water removes the same amount of germs whether it's warm or cold. Water's role in handwashing is to help create a lather, and lathers can be created with hot or cold water.

When should I wash my hands?

Hands should be washed any time they are visibly dirty or greasy. The CDC also recommends washing hands:

- before, during and after preparing food
- before eating
- before and after caring for someone at home who is sick with vomiting or diarrhea
- before and after treating a cut or wound
- after using the toilet
- after changing diapers or cleaning up a child who has used the toilet
- after touching an animal, animal feed or animal waste
- after handling pet food or pet treats
- after touching garbage

Handwashing is as effective as public health officials insist it is, which is why it should be a vital component of everyone's daily health care routine.



Coping with stress during uncertain times



Stress can affect people's lives at any moment. Some say that a certain measure of stress can be a good thing that pushes individuals to try their best to overcome obstacles. However, chronic stress is potentially dangerous for the mind and body.

2020 has been a stressful year for many people. A global pandemic that emerged in late 2019 and continued into the new year brought with it many changes – some of which are unprecedented. Concerns about the COVID-19 virus, unemployment, reduced wages, and uncertainty about the future has left many people feeling adrift.

According to the American Psychological Association's Stress in America survey, the average reported stress level for adults in the United States related to the coronavirus pandemic is 5.9. When

asked to rate their stress level in general, the average reported stress for American adults is 5.4. This is higher than the average stress level reported in 2019, which was 4.9, and marks the first significant increase in average reported stress since the survey began in 2007.

Pandemic stress mixed with existing stress may require additional coping techniques.

Turn negative thinking into positive thinking. The occasional pep talk can help people manage their stress. Rather than saying "Everything is going wrong," tell yourself "I can handle this, I have done it before." Find the silver lining in situations and they may not feel so stressful.

Take things one step at a time. Getting ahead of yourself by looking too far into the future can compound stress. Focus on the

here and now. Make to-do lists and take situations as they come day by day or hour by hour. Situations are often fluid, so worrying about something that is weeks away is often fruitless.

Exercise regularly. Find opportunities to exercise. The Mayo Clinic says exercise in almost any form can act as a stress reliever. Physical activity can release your feel-good endorphins and distract you from daily worries. Exercise also can mimic the effects of stress, helping to condition the body to its effects and buffer the cardiovascular, digestive and immune systems from negative effects.

Seek out social support. Chances are someone you know also is experiencing increased stress loads. Find the time for conversation, video chats or safe, socially distanced meet-ups with friends. Each person can share their unique frustrations and collectively you can work through the stress.

Don't drown in perfectionism. Trying to be mistake-free can trigger anxiety and stress. Being perfect is impossible and everyone makes mistakes. According to Psych Central, mistake-making can lead to growth and experience, while perfectionism may staunch growth because a person is too afraid to take chances. Not every decision you make will be ideal, but each is a learning experience.

Stress is something most people come up against in their daily lives, perhaps more so than ever this year. But stress can be wrangled and minimized.



Getting Ready to Buy Your First Property?



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.

- I'll do my best to wipe out all the worry and stress that accompanies buying your home.

I'm ready to work for you — finding the right house in the Okeechobee area is my business!

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Eric

Anderson

Lic. RE Broker

(863) 634-4106

Vic_Anderson@earthlink.net

**Serving ALL Your
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(863) 634-4107

Vic_Anderson@earthlink.net

Shelly Doyle

Personal Assistant

(863) 801-8463

Shellydoyle@ymail.com



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180 NW 3rd Avenue Ste A, Okeechobee, FL 34972
(Located across from the Okeechobee County Judicial Center)
PH: 863-763-5733 • FAX: 863-763-6199 • fadleylaw.com