

*Lake* Okeechobee  
News

# MEDICAL

## Information Guide

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MEDICAL AND HEALTH INFORMATION RESOURCE  
2022-2023



# FOR EVERY HAPPY & HEALTHY LIFE



## FOR EVERY CARE IN THE WORLD

Nothing compares to being healthy and feeling good. At Cleveland Clinic Martin Health, we are here for you and your loved ones, providing for every healthcare need you have today and conducting research to advance the medicine of tomorrow. **Ranked among the best hospitals in Florida by U.S. News & World Report**, we're proud of the care we deliver. For routine checkups. For life-enhancing treatments. For every care in the world.

### HIGH PERFORMING CONDITIONS & PROCEDURES

- Chronic Obstructive Pulmonary Disease (COPD)
- Colon Cancer Surgery
- Diabetes
- Heart Attack
- Heart Failure
- Kidney Failure
- Stroke

[ClevelandClinicFlorida.org/Rankings](https://ClevelandClinicFlorida.org/Rankings)



*“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
- **Flu, Pneumonia, Shingles, COVID-19, COVID-19 Booster and other vaccines available**
- 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

*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

**863.763.7633**  
 HeartlandDiscountPharmacy.com

# Preventative and routine eye exams help maintain good eye health



**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 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](http://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](http://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**



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2022-2023 Medical Information Guide

## MEDICAL Information Guide

### 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 [southcentralfloridalife.com/MIG](http://southcentralfloridalife.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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**INDEPENDENT  
NEWSMEDIA INC. USA**

# Helping 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.

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

*Tired of Waiting*



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

*Other Pharmacies*



*Heartland Discount Pharmacy*

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



# HONORED TO SERVE OUR COMMUNITY



OUR OFFICE IS DEVOTED TO GROWING AND DEVELOPING EVERY YEAR THROUGH PROGRESSIVE INNOVATION. WE PROVIDE STATE-OF-THE-ART CARE TO OUR PATIENT FAMILY. WE DESIRE TO CREATE A RIPPLE EFFECT THAT INSPIRES AND EMPOWERS OUR PATIENTS, OUR TEAM, THEIR FAMILIES, AND OUR COMMUNITY.

## Our Services:

**Guided Surgical Implants**  
**Implants Restorations**  
**Veneers**  
**Dentures**  
**Crown & Bridges**  
**Invisalign & Sure Smile**  
**Root Canals**

**Oral Wellness Visits**  
**Periodontal Therapy**  
**Botox**  
**TMD Therapy**  
**Teeth Whitening**  
**Nitrous Oxide Sedation**  
**Oral Cancer Screenings**

**Dr. Jennifer Laskey, DMD**

**Dr. Jennifer Shilet, DDS**

**Dr. Zachary Viens, DMD**

**863.260.8956**



Check Out Our Recommendation Contest!



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

# How to heal from mental health issues that arose during the pandemic

Perhaps no event in recent history affected the mental health of more people across the globe than the COVID-19 pandemic. Research published in late 2021 in the medical journal *The Lancet* indicated that cases of major depressive disorder and anxiety disorders increased by more than 25 percent worldwide due to the COVID-19 pandemic.

As the world emerges from the pandemic and governments across the globe gradually implement measures designed to make coexisting with COVID-19 less restrictive, mental health professionals recognize that individuals may need help recovering from the prolonged stress and trauma brought about by the pandemic. Mental Health America, an organization committed to promoting mental health as a critical component of overall wellness, recommend various strategies to help individuals move forward in the aftermath of the pandemic.

Recognize that recovery can't be rushed. MHA urges individuals to give themselves time to adjust, noting that it will take time before a sense of safety and security returns. That means it could be awhile before individuals feel like themselves again, and that's not only acceptable, but normal.

Ask for help. The pandemic was proof that it's impossible to go it alone through difficult

situations, so individuals should not hesitate to rely on loved ones as they recover. MHA notes that social support is crucial when healing from trauma and touts the value of sharing one's story. Such sharing enables individuals to process their thoughts and feelings.

Embrace healthy behaviors. During the pandemic, many individuals, even those devoted to healthy living prior to 2020, found it difficult to continue engaging in behaviors and activities that promoted their overall health. Embracing these behaviors, which can include eating a healthy diet, exercising regularly and getting sufficient sleep, improves individuals' ability to cope with stress. Re-establishing old routines also can return a sense of structure to daily life that might have gone missing over the last two years.

Seek professional health care help if necessary. MHA urges individuals who are putting in the work but still struggling to contact a health care professional. Hundreds of millions of people across the globe have had to confront issues affecting their mental health since the start of the pandemic, and health care professionals are prepared and ready to help individuals overcome those issues as the world returns to normalcy.

More information about accessing mental health help can be found at [mhanational.org](http://mhanational.org).

# Dolly Hand

## Cultural Arts Center

**Bringing the Arts to Life!**  
2022-2023 Season



**Celtic Angels Christmas, November 30**



**The Latin Divos, January 10**



**The World of Musicals, January 23**



**Harlem Gospel Travelers February 9**

**Upcoming Shows**

**Branden & James**  
February 23

**The Sounds of Soul**  
March 16

**The Kingdom Choir**  
March 21

**PALM BEACH STATE COLLEGE**

1977 College Drive, Belle Glade, FL 33430



BUY TICKETS @  
[www.dollyhand.org](http://www.dollyhand.org)

561-993-1160







# 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 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!



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

# YOUR SMILE SAYS IT ALL

Dr. David Wemmer, along with his daughter Dr. Jennifer Wemmer Schoenfeld, are a father-daughter team who are dedicated to helping you have a fun and effective orthodontic experience.



Improving your oral health and correcting problems with the bite doesn't have to be all work and no play. They specialize in providing the 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).

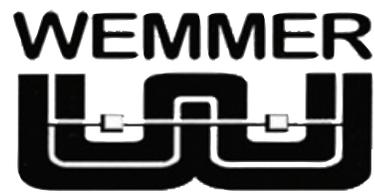
Wemmer Family Orthodontics treats everyone as if they were family by focusing on customer service and giving more than the patient expects.

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!"

New patient exams are complimentary. Now is a great time to begin your journey to a new, beautiful smile.

We are very excited to announce that Wemmer Family Orthodontics has won "Best Orthodontist" in the 2022 Best of the Lake contest!

We would like to thank all of our Wemmer patients and families who voted for us and helped us win this year.



**Family Orthodontics**

**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?**



**Thank You  
Okeechobee!**

**2025 Hwy 441 North  
863.467.2332**

# Signs your HVAC unit could be fading

A day outdoors soaking up the sun's rays is many people's idea of the perfect way to spend a summer afternoon. On such days, a periodic retreat indoors into an air conditioned home can offer some much-needed relief from the heat.

HVAC systems are worth their weight in gold during the dog days of summer. Of course, such systems must be replaced from time to time. Learning to recognize the signs of a fading HVAC system can help homeowners replace their units before they cease working, saving everyone the uncomfortable ordeal of being stuck at home without cool air on hot summer days.

## WEAK AIR FLOW

An HVAC unit operating at peak capacity produces a strong flow of air through the vents of a home. The experts at Select Home Warranty note that when the air flow

from the vent is weak, this could be a warning sign of a damaged AC compressor or blocked or damaged vents. Damaged vents might be replaceable, but issues with the AC unit might require a replacement. That's especially so if the unit is old. Repairs might be possible, but it might be more cost-effective to replace an aging unit rather than commit to costly repairs.

## EXCESSIVE MOISTURE AROUND THE UNIT

Excessive moisture around the unit may indicate that its refrigerant is leaking. In addition, Home Select Warranty notes that large pools of water around the unit could contribute to mold growth and floor damage. Homeowners are urged to contact a qualified HVAC technician immediately if they notice any leakage or moisture issues around their units.

## INTERIOR TEMPERATURE

If your home is not quite the respite from summer heat that it once was, despite the AC being on and running, then this could be indicative of a fading system that may need to be replaced. However, the home warranty firm American Home Shield™ notes that hot interior temperatures also may be indicative of clogged ductwork. Qualified HVAC technicians may be able to fix clogged ductwork without replacing the AC unit. If the issue persists even after ducts have been cleaned and unclogged, then a new unit might be homeowners' best bet.

## FOUL ODOR

Sometimes the nose knows best when an AC unit needs to be replaced. Unusual odors emanating from the vents when the AC is on suggest that the unit is distributing mold or mildew

throughout the home. A moldy or mildew-like smell coming from the vents could indicate a host of issues, including a dirty evaporator coil, a clogged drain line or leaky air ducts. Each of these issues can be fixed, but homeowners must weigh the cost of fixing them versus the cost of replacing an aging unit.

Homeowners want a reliable AC unit to cool their homes. Let Nunez Air Conditioning & Refrigeration inspect and repair your AC unit. Nunez Air Conditioning & Refrigeration is a local, family owned and operated business offering quality work with hometown affordable pricing. They are fully licensed and insured and offer same day services and installations.



- Residential
- Commercial
- **FREE** Estimates
- Sales
- Service
- 24 HR EMERGENCY SERVICE



**863.357.0245**

**208 SW 7<sup>th</sup> Ave • Okeechobee, FL 34974**

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# 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.

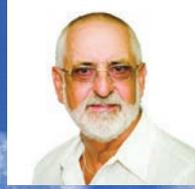


A common contingency is the need to sell one's current home before closing on another. Asking for extended closing periods or certain home repairs are some additional contingencies that can make buyers less attractive to sellers.

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**



**Gary Joiner**



**Elbert Batton**

**101 SW 3rd Avenue, Okeechobee**  
**863-484-8588**

Hablamos Español

**LegacyRealtyFL.com**

 **LegacyRealEstateFL**

## Get world class heart care on the Treasure Coast

According to the Centers for Disease Control and Prevention (CDC), heart disease claims about 697,000 lives each year in the United States and accounts for 1 in 5 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, vascular and thoracic care.*

# Center offers pain relief without surgery

Simpson Advanced Chiropractic & Medical Center strives for excellence through superior patient treatment, education and satisfaction. Our Mission – To provide the very best patient care while achieving the highest quality results.

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, 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.

The most significant aspect of any chiropractic 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



**Ice/Heat Therapy**



**Massage Therapy**



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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# 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](http://www.TreasureHealth.org).



**Treasure Coast Hospice**  
A TREASURE HEALTH SERVICE



# We're Here When You Need Us

## 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.



**772-403-4500**

425 SW Park Street  
Okeechobee, FL

Licensed since 1982. Treasure Coast Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 772-403-4500. (Spanish) ATANSYON: Si w pale Kreyòl Ayisyen, gen sévis ed pou lang ki disponib gratis pou ou. Rele 772-403-4500. (French Creole).

# Local surgical services in Hendry County reduce burden of travel

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

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."



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. Barry Davis, 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 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



**Dr. Barry Davis,  
General Surgeon**



**Dr. Darayes Mobed  
General Surgeon**

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. Barry Davis, General Surgeon 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](http://www.hrhc.us).

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

# Six good reasons why you should see Big Lake Eye Care

## 01 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.

## 02 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](#), and [Computer Vision Syndrome](#)

## 03 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.

## 04 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.

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. He values the importance of serving the community where he grew up.

## 05 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.

A partial list of some of the insurance companies we are in network with include: [Medical Plans: Medicare, BCBS, UHC, AARP, Cigna Medicaid, Healthy Kids; Vision Plans: VSP, VCP, Eyemed, Spectera, Superior, Davis Vision, Optum Health](#)

## 06 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 opening in 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.

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# 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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Anderson Realty Company is locally owned and operated. We are here to serve your every real estate need including residential, vacant land and commercial. We also specialize in Property Management. If you are looking to invest or rent, we can help you.

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