

Lake Okeechobee Area

# Medical Information Guide



A Lake Okeechobee News special publication • 2020



## Dentistry from Infancy to Adolescence

**New Patient Exams - Preventative Care - Restorative Dentistry  
In-Office Sedation - Interceptiv Orthodontic Treatment  
Extractions - Emergency Dental Treatment**

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


Dr. Melissa Kindell makes every child who visits feel welcome and comfortable. She is dedicated to educating about disease prevention and providing quality treatment to maintain your child's oral health.

*Service with a Smile for a Smile*



**MOST INSURANCES ARE ACCEPTED**

**Emergencies are Welcome**

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# “Caring beyond prescription”

## Heartland Discount Pharmacy

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Your Neighborhood Pharmacy Where  
Customer Service & Personal Attention  
are Our #1 Priorities



**Harry Patel, Rph**  
Consultant Pharmacist

*We Dispense  
Care*



**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 SPECIALITY PRESCRIPTIONS and On Demand COMPOUNDING?

**It's time to change  
your pharmacy**

**PHARMACY THE WAY  
IT'S SUPPOSED TO BE**

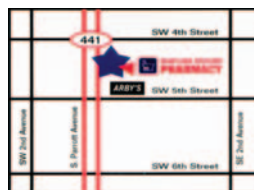
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- ◆ We Accept All Insurances including Medicaid, Medicare, Part D and Worker's Compensation
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Us!

# 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   
763-3937

606 North Parrott Avenue  
Okeechobee, FL 34972  
www.biglakeeyecare.com

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# Dr. Kindell is dedicated to teaching preventative care



**Dr. Melissa Kindell**

**D**r. Melissa Kindell made sure she returned to her roots. She always loved growing up in a small town surrounded by nature and it reflects in her office decor. Children and parents are greeted with warm smiles, hugs and murals of wildlife native to the area. She has even named her practice Everglades Pediatric Dentistry.

As a student in the Okeechobee High School, Dr. Kindell loved science and knew, even then, that she wanted to be a pediatric dentist. Upon graduating high school she entered IRCC where she completed her Associates degree in Pre-Med and then enrolled at the University of Florida for studies in Microbiology. During this time she worked at Shands Hospital in Gainesville, doing research on diabetes and Sjogren's syndrome.

Dr. Kindell graduated dental school at the University of Florida in 2004. She spent several years treating patients at Florida Community Health Center before returning to the University of Florida to receive her certificate in Pediatric Dentistry. She has been board certified by the American Board of Pediatric Dentistry to demonstrate her dedication to staying on the cutting edge of her field. Dr. Kindell resides in Okeechobee County with her husband and childhood sweetheart, Eric. They have two children Gavin, 12 and Mason, 9.

Everglades Pediatric Dentistry provides dental services for children age 0-18 including those with special needs and those who are medically compromised. A full range of sedation is offered including nitrous oxide, conscious sedation and IV sedation. The office features electronic patient records, digital x-rays, and overhead entertainment in all patient treatment areas. The American Academy of Pediatric Dentistry recommends that a child see the dentist by one year of age or 6 months after the eruption of their first tooth. This allows an evaluation of the child's dental health and an opportunity for the parent to receive information on proper oral hygiene and diet choices to help prevent the development of dental disease.

Dr. Kindell looks forward to a long lasting relationship with her patients as well as the community. "It's always good to come home."

**Most Insurances are accepted.  
Emergencies are welcome!**

**Everglades Pediatric Dentistry  
863-357-7338  
2029 Hwy 441 N, Okeechobee, FL 34972**

**Sebring Office Now Open  
863-382-0340  
5606 US Hwy 27 N, Sebring, FL 33870**



# We will help you save money & stay healthy

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



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- Glaucoma Exams & Treatment -
- Diabetic Eye Exams -

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# Manage Your Blood Pressure for a Healthier Life

**M**anaging 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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Ludmila Mishelevich, MD



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# Find confidence in your own skin with the help of Blue Ocean Dermatology

**B**OD 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.



**BLUE OCEAN  
DERMATOLOGY**



**Jason Welch  
ARNP**



**Nitra Welch  
ARNP**



**Dudley Giles M.D.  
Plastic Surgeon**



**Stanley Katz, M.D.**

## MEET PROVIDERS

**Founders: Jason Welch ARNP and Nitra Welch ARNP  
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 Dermatology, I want to welcome you to my practice. I grew up in Lake Port 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 ARNP CEO  
Blue Ocean Dermatology**



# BLUE OCEAN DERMATOLOGY



Jason Welch APRN/CEO Dermatology  
Nitra Welch APRN/CFO Dermatology  
Stanley Katz, MD Dermatology  
Dudley Giles MD Plastic Surgeon

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**Monday - Friday 9 -5**

# FLDSCC Sebring location now open!

**F**lorida Dermatology and Skin Cancer Centers (FLDSCC), a family-focused practice with offices throughout Florida, has expanded and is located at 3200 Medical Way, near Highlands Regional Medical Center in Sebring. “We are thrilled to bring Florida Dermatology and Skin Cancer Centers to the beautiful area of Sebring,” says Medical Director of FLDSCC, Dr. K. Wade Foster.

“The fact that more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined, means we as an organization have a duty to educate and treat as many people as possible to give them the best chance for favorable outcomes.” He and his team use proven, innovative methods to remove cancers, preserve healthy skin, and restore natural appearance. The providers at the Sebring location include Dr. K. Wade Foster and Laura Atallah, APRN.



**Dr. K. Wade Foster** received his M.D. and Ph.D. (Biochemistry) from the University of Alabama Birmingham. He completed both his internship and residency and UAB and his Procedural Dermatology Fellowship at UCLA David Geffen school of Medicine under Dr. Ron Moy and the West Los Angeles V.A. Medical Center. He has been in private practice at

Florida Dermatology and Skin Cancer Centers since July 2008.

Dr. Foster received his Fellowship training in Mohs micrographic surgery, which is a highly effective treatment for most skin cancers. The procedure involves removing the cancerous growth to minimize the risk of recurrence, while leaving as little scarring as possible.

Team physicians, ARNPs, and PAs deliver general and surgical dermatology services at all office locations, while Dr. Foster rotates through the clinics to see patients and perform Mohs surgery. “The goal of our growth is to reach more patients, while maintaining the same level of excellence, quality care, and patient satisfaction.” Team members are recruited for those qualities, and Dr. Foster

is quick to credit the practice’s successful growth to “having a great staff and the way we treat people.”



**Laura Atallah** is an advanced practice registered nurse (APRN) who joined FLDSCC in July 2019. She earned her Bachelor of Science in nursing from Florida Gulf Coast University in 2010

and went on to complete a Master of Science degree in nursing from the University of Tampa in 2017. Laura is recognized by the American Academy of Nurse Practitioners, is an oncology certified nurse (OCN), and is also a member of the Oncology Nurses Society. Additionally, she is certified in suture and wound care.

At FLDSCC, Laura’s clinical duties include diagnosing and treating patients of all ages with dermatological complaints such as pre-cancerous and cancerous lesions, acne, eczema, psoriasis, rosacea, seborrheic dermatitis, rashes, as well as a vast variety of other skin disorders.

Skin is easy to take for granted, but it is the largest and only outward-facing organ of the human body. Quality care from a trusted provider is vital in maintaining healthy skin. As Dr. Foster says, “Our goal is to help patients keep, protect, and return to healthy, beautiful skin.”

To schedule an appointment, please visit our website or call us at 863.658.3870.

Contact:  
Ph: 863.658.3870  
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Sebring FL 33870  
[info@FLDSCC.com](mailto:info@FLDSCC.com)

# It's Never Too Late To Restore Your Skin!



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



## **Hometown Healthcare**

Providing personalized care in your own backyard

**H**endry 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, audiology, and pain management.

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!



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

# Heartland Neurology offers patients 15 years of clinical experience

**H**earthland 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*

*Clinial Neurophysiology Fellow*

**777 W. Hickpokee Ave, Suite C, LaBelle, FL 33935**  
 p: 863.230.6950 • f: 863.674.7140 • [DrLenaySantana.com](http://DrLenaySantana.com)



# Get outdoors and exercise!

**E**xercise is key to a healthy lifestyle. Florida State Parks offer opportunities to stay active by hiking, bicycling, kayaking, canoeing, swimming and surfing.

Those who frequent state parks can save with an annual pass, which are available for individuals or families. Discounts are offered for active duty military, veterans, licensed family foster homes, families who adopt special needs children and surviving spouses and parents of law enforcement officers and firefighters who died in the line of duty.

Several state parks are within a short driving distance of the Lake Okeechobee area.

## Highlands Hammock State Park

SEBRING — One of Florida's oldest parks, opening to the public in 1931, Highlands Hammock was established when local citizens came together to promote the hammock as a candidate for national park status. During the Great Depression, prior to World War II, the Civilian Conservation Corps (CCC) developed additional park facilities and the beginnings of a botanical garden.

Acquired by the state in 1935, it has grown over the years and now has 15 distinct natural communities in its more than 9,000 acres that include large tracts of pine flatwoods, hydric hammock, cypress swamp, and baygall. Several of the communities are designated as imperiled or of concern, such as the Florida scrub, scrubby flatwoods, and cutthroat seep.

It is one of the highest ranking parks in Florida for endemic biodiversity. The park is known for its beautiful old-growth hammock and thousand-year-old oaks. Ferns and air plants are abundant. Black bear and the Florida panther tread softly through the hammock and may be glimpsed occasionally. An elevated boardwalk with an historic catwalk traverses cypress swamp, and visitors may observe alligators, birds and other wildlife. Many visitors enjoy bicycling the scenic three-mile loop drive or hiking the park's nine nature trails.

Picnicking, bird-watching, and ranger-guided tours of the park are other popular activities. The tram tour, which is fully accessible, allows visitors the unique opportunity to view birds, alligators, turtles, deer and other wildlife relatively close-up, in areas of the park that are restricted to public access. Catch-and-release

fishing and picnicking are available at the nearby Seven Lakes management unit. Highlands Hammock provides a full-facility campground, as well as a youth / group tent campground. A recreation hall is available for rental, as are several picnic pavilions. A museum showcasing the history of the CCC is open from 9 a.m. to 5 p.m. Highlands Hammock is located on Hammock Road (County Road 634), four miles west of U.S. 27 in Sebring.

## Kissimmee Prairie State Park

OKEECHOBEE — This 54,000-acre preserve protects the largest remaining stretch of Florida dry prairie, home to an array of endangered plants and animals. While driving the five-mile-long road into the preserve, visitors can enjoy sweeping vistas of grasslands reminiscent of the Great Plains of the Midwest. The preserve offers



Photo courtesy of Jenna Crovo

excellent seasonal birding opportunities and is home to the endangered Florida Grasshopper Sparrow, as well as the Crested Caracara and Burrowing Owl. More than 100 miles of dirt roads allow hikers, bicyclists and equestrians to explore prairies, wetlands and shady hammocks. November through March, ranger-led prairie buggy tours allow visitors to see remote areas of the preserve. Kissimmee Prairie's remoteness makes it one of Florida's premier locations for stargazing. For overnight stays, the preserve has two full-facility campground loops: family and an equestrian campground with paddocks. Proof of current negative Coggins test is required for all horses.

The park is located 33 miles northwest of Okeechobee via U.S. 441 and County Road 724.

## Jonathan Dickinson State Park

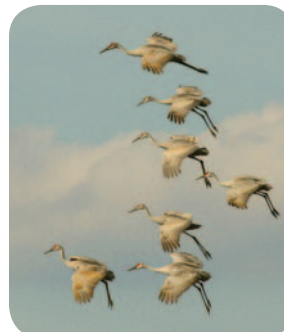


Photo courtesy of Myrna Erler

Located just south of Stuart, this park teems with wildlife in 13 natural communities, including sand pine scrub, pine flatwoods, mangroves, and river swamps. The Loxahatchee River, Florida's first federally designated Wild and Scenic River, runs through the park. Ranger-guided tours of the 1930s pioneer homestead of Trapper Nelson are available

See **STATE PARKS** — Page 21





Employees with more than 20 years employment with OHCF!

Pictured left to right: Rebecca West, Restorative Nursing; Sandy Perry, Administration; Caroline Bradley-Noel, Scheduling Coordinator; Jody Wakelee, Director of Nursing; William Zapata, Maintenance Director; Patricia Ebanks, Assistant Administrator; Donna Stiller, Chief Nursing Officer; Gladys DeJesus, Laundry Director. Not Shown: Wayne Allen, Administrator; Faye Haverlock, CEO.

Photo Credit: Jeff Gammons, Storm Visuals

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

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 120 beds.

The first resident was Tootsy Morgan, who said "Take me home to Okeechobee" as he climbed in a taxi at a Ft. Pierce nursing home.

Fast forward 35+ years and Okeechobee Health Care Facility is a family owned and

operated, clean, well-respected, technologically-advanced 180-bed facility, employing over 275 staff members, who have clear background screenings.

Three different types of residents

---

***OHCF was named among America's "Best Nursing Homes" by US News and World Report since 2014***

---

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 throughout the day and night; 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 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 encouraged 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

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*

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



**OHCF — We LOVE to CARE!**



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

441 North, Okeechobee, FL 34972

[okeechobeehealthcare.com](http://okeechobeehealthcare.com)

[okeechobeehealthcare.com](http://okeechobeehealthcare.com)

Continued From Page 17

(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 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 years!

over 30

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 recently-awarded JCAHO national accreditation**

View Our Ad in the Center Spread of the Book

# STATE PARKS

Continued From Page 16

year-round. Visitors can enjoy paved and off-road biking, equestrian, and hiking trails. Boating, canoeing, and kayaking along the river are also great ways to see the park. Anglers can fish along the riverbank or from a boat. The nature and history of the park comes to life through exhibits and displays in the Elsa Kimbell Environmental Education and Research Center. Programs for the kids, or for the whole family, are also offered here. The park also offers two full-facility campgrounds and a youth/group primitive campground. Visitors can arrange boat tours of the river and rent canoes, kayaks, and motorboats by calling 561-746-1466. Located 12 miles south of Stuart on U.S. 1.

## St. Lucie Inlet Preserve State Park



Photo courtesy of Richard Vogel

This classic Florida barrier island is accessible only by boat, but it is worth the ride. A boardwalk takes visitors across mangrove forests and hammocks of live oaks, cabbage palms, paradise trees, and wild limes to a neatly preserved Atlantic beach. During the summer months, the island is an important nesting area for loggerhead, leatherback, and green turtles. They come ashore at night to dig holes in the beach sand where they lay their eggs. The preserve is a favorite for nature students interested in learning about the native flora and fauna of Florida barrier islands. Visitors come to swim, sunbathe, or picnic at the pavilion on the quiet beach. Others make the trip for the great surf fishing. Snorkeling and scuba diving are also popular activities.



Photo courtesy of Clayton Nichols

See STATE PARKS — Page 23

**Dr. Quoc Nam Huynh, OD**  
Optometrist

**Dr. Heather B. Seith, MD**  
Ophthalmologist

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VISION  
CARE**



### OPTOMETRY



**Dr. Quoc Nam Huynh, OD**  
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# Hospice Of Okeechobee, Inc.

*A Special Kind of Caring*

*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 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.

## 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.*



To learn more, call us at  
**863-467-2321**  
or visit  
**HOSPICEOFOKEECHOBEE.ORG**  
Like Us on   
Hospice of Okeechobee  
411 SE 4th Street  
Okeechobee, FL 34974

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

## STATE PARKS

Continued From Page 21



Photo courtesy of Clayton Nichols

### St. Lucie Inlet

Preserve State Park is located in Port Salerno, on the Intracoastal Waterway, 2/3 of a mile south of the St. Lucie inlet.

### John D. MacArthur Beach State Park

A unique mixture of coastal and tropical hammock and mangrove forest, this barrier island provides a haven for several rare or endangered native tropical and coastal plant species. The park's nature center

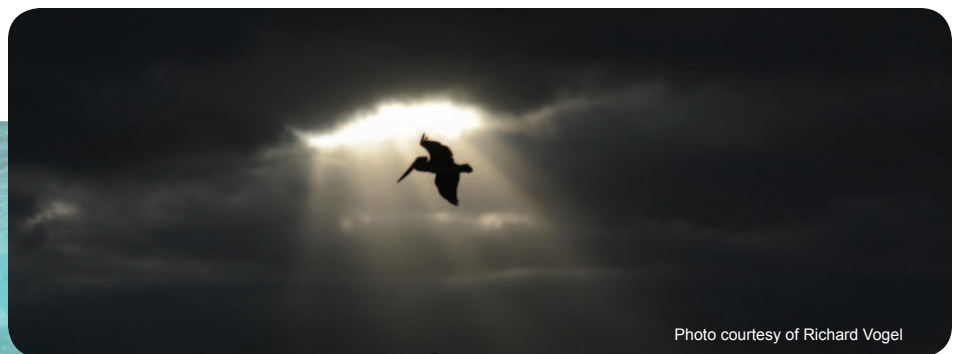


Photo courtesy of Richard Vogel

shows visitors why the park is a biological treasure. Visitors can swim, picnic and surf at the beach; snorkeling is also a popular activity. Birdwatchers can see herons, brown pelicans, terns, sandpipers and gulls. Anglers can fish in the lagoon by wading or kayaking. Additionally, visitors can fish from non-swimming areas of the beach. John D. MacArthur Beach State Park is located 2.8 miles south of the intersection of U.S.1 and PGA Blvd. on A1A in North Palm Beach.

### Okeechobee Battlefield Historic State Park

OKEECHOBEE — Okeechobee Battlefield is the site of one of Florida's significant battles during the Second Seminole War. The Battle of Okeechobee, fought on Christmas Day, 1837, involved more than 1,000 United States military and volunteer soldiers, fighting against several hundred Seminole and Miccosukee warriors along the northern edge of Lake Okeechobee. The battle is considered a turning point in the war with full-scale attacks ceasing and the number of smaller skirmishes diminishing after the event. The park is located at 3500 S.E. 38th Ave. in Okeechobee County.

# Welcome to the Family



"It has been an honor to serve so many wonderful patients in the past year, & we all look forward to meeting more of you in the future."  
- Dr. Jennifer Laskey





## General & Cosmetic Dentistry

### **Our Core Values:**

- ☆ *Deliver WOW service*
- ☆ *Embrace & drive change*
- ☆ *Pursue growth & learning*
- ☆ *Build a positive team and family spirit*
- ☆ *Foster humility*
- ☆ *Be passionate & determined*
- ☆ *Create FUN*
- ☆ *Open & honest relationships*



Dr. Laskey and Compassionate staff share their dental expertise by first considering all aspects of your dental wellness experience; excellence, comfort, and efficiency are the foundation of our practice

Dr. Jennifer Laskey, DMD & Dr. Jennifer Shiflet, DDS



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# Blood Roundup salutes heroes and honors veterans

**W**ant to help save lives? If you are in good health, consider becoming a blood donor.

The 14th annual Okeechobee Blood Roundup will be held at the Freshman Campus Auditorium on Nov. 23 and 24, 9 a.m. to 5 p.m. each day.

The 2019 Roundup theme Salutes Our Heroes and Honors Our Veterans.

Blood donations are important to maintain a safe blood supply in area hospitals so the blood is there when emergencies strike. After it is donated, it takes about 24 hours to type, test and process blood. A person who needs a blood transfusion after an accident needs it immediately and often doesn't have 24 hours to wait. Doctors may use as many as 100 pints of blood to save the life of a single car

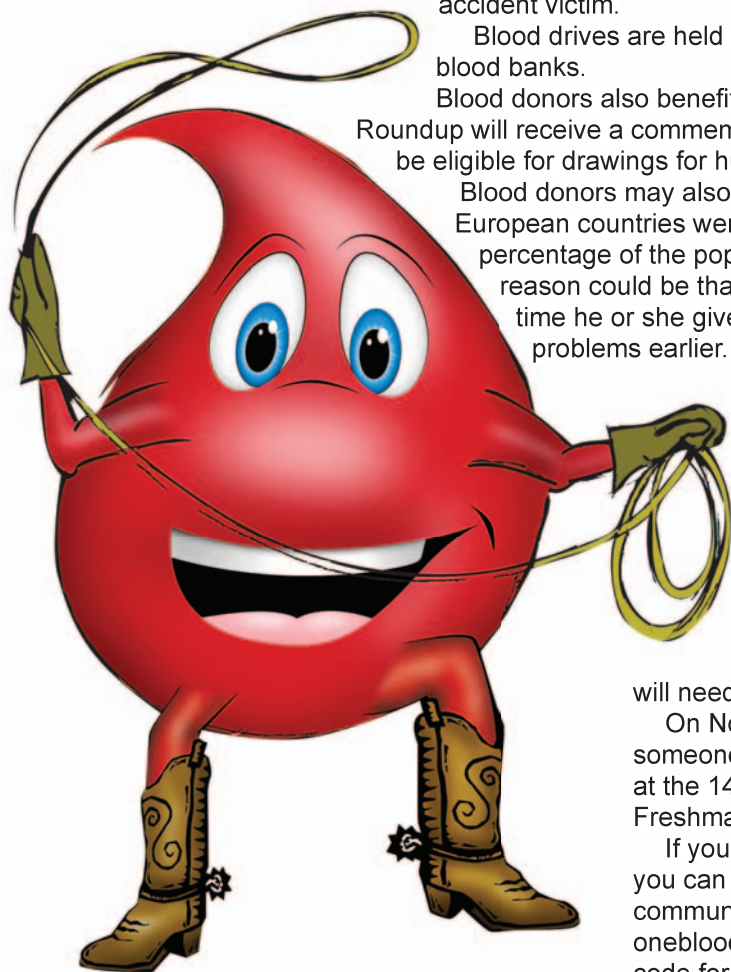


accident victim.

Blood drives are held after emergencies to replenish the supply in the blood banks.

Blood donors also benefit from their good deeds. All blood donors at the Roundup will receive a commemorative T-shirt, coupon bag and refreshments, and be eligible for drawings for hundreds of prizes donated by local businesses.

Blood donors may also receive health benefits. Studies conducted in European countries were blood donation is more common by a large percentage of the population found blood donors live longer. One reason could be that because a donor is given a health check each time he or she gives blood, this could help identify any health problems earlier.



Some facts to consider:

- Blood must be donated.
- Blood cannot be manufactured.
- Effective and safe synthetic or artificial blood has not yet been invented.
- Because donated blood is broken down into components and each patient is given only the blood components he or she needs, one unit of blood may help as many as three lives.
- According to oneblood.org, one in three people will need a blood transfusion in their lifetime.

On Nov. 23 and 24 you will have the opportunity to be someone's hero and honor our veterans by donating blood at the 14th Annual Okeechobee Blood Roundup at the Freshman Campus Auditorium.

If you can't make it to the annual Blood Roundup, you can donate at any of the regular drives held in the community. To find a blood drive near you, go online to oneblood.org, click on "donate now" and enter your zip code for a list of blood drives in your area.

# Local Surgical Services in Hendry County Reduce Burden of Travel

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

**T**raveling 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 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 benefits of these techniques include shorter hospital stays and faster recovery times.

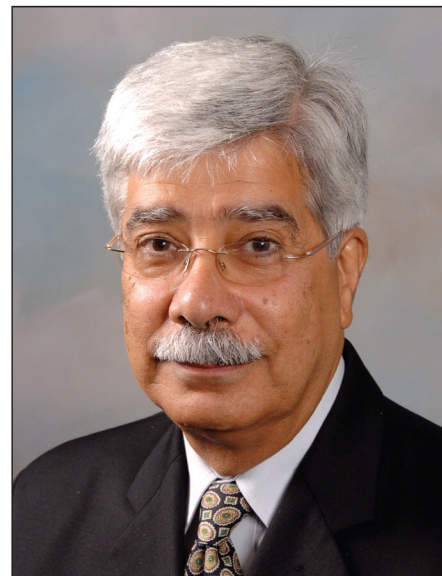
According to Dr. Darayes Mobed, General Surgeon, patients sometimes delay having certain surgeries for various reasons, but doing so can prolong discomfort or raise the risk of complications. "Traveling for a surgical procedure can be inconvenient," Dr. Mobed said. "The need to travel can disrupt a person's 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. Leonard Carroll**

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



**Dr. Darayes Mobed**

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 <http://www.hrmc.us>.



**HENDRY REGIONAL  
MEDICAL CENTER**

"Where It's All About Getting Better"

# FCHC provides primary and preventative health care

Since 1976, Florida Community Health Centers Inc. (FCHC) has been a leader in Florida's primary and preventative health care services. Comprehensive primary health care services are provided through a network of health centers surrounding Lake Okeechobee and throughout Florida's Treasure Coast.

FCHC has health center locations in Clewiston, Fort Pierce, Indiantown, Moore Haven, Okeechobee, Pahokee, Port St. Lucie, and Stuart with FCHC's Corporate Office centrally located in West Palm Beach, Florida. FCHC is a private, non-profit, tax exempt 501(c)3, consumer directed corporation which is designated as a Federally Qualified Health Center

(FQHC), and is accredited by The Joint Commission (JC), as well as recognized as a Level 3 Patient Centered Medical Home (PCMH) by the National Committee for Quality Assurance (NCQA). We have a comprehensive health care system in place with over 400 employees, nearly 100 of which are clinicians.

We provide pediatric and adult primary and preventative care; preventive and restorative dental

services; and OB/GYN services.

Our patients benefit from a "medical home" model, where they may access and benefit from our extensive array of health care clinicians and services at each location, creating a "one-stop shop" for their primary health care needs. For more information,

"Like" us on Facebook at Florida Community Health Centers, Inc. or visit our website at [www.fchcinc.org](http://www.fchcinc.org)



**Florida Community Health Centers, Inc.**

*"Before Birth and Beyond, Let Our Family Take Care of Yours."*

*- EST. 1976*



Clewiston



Moore Haven



Okeechobee



Pahokee



# Florida Community Health Centers, Inc.

*"Before Birth and Beyond, Let Our Family Take Care of Yours."*

*- EST. 1976*

## Services

- Adult Primary Care
- Pediatric Care
- Well Child Care
- Well Woman Care
- Immunizations
- Laboratory Testing
- Physical Examinations
- HIV Testing
- Pharmacy Services
- Dental Care
- Cancer Screenings
- Diabetes Screenings
- Care Management
- Behavioral Health

## FOUR CONVENIENT LOCATIONS

### Clewiston Center - Hendry County | (863) 983 - 7813

315 South WC Owen Ave | Clewiston, FL 33440

Monday/Wednesday/Thursday	8:00 am - 5:00 pm
Tuesday	8:00 am - 6:00 pm
Friday	8:00 am - 4:00 pm

### Moore Haven Center - Glades County | (863) 946 - 0405

1021 Health Park Drive | Moore Haven, FL 33471

Monday/Tuesday/Thursday	8:00 am - 5:00 pm
Wednesday	8:00 am - 6:00 pm
Friday	8:00 am - 4:00 pm

### Pahokee Center - Palm Beach County | (561) 924 - 6100

170 S. Barfield Hwy, Ste. 101 | Pahokee, FL 33476

Monday/Thursday	8:00 am - 6:00 pm
Tuesday/Wednesday	8:00 am - 5:00 pm
Friday	8:00 am - 4:00 pm

### Dr. Fred Brown Children's Health Center - Okeechobee County (863) 763 - 1951 | 2015 US Highway 441 North | Okeechobee, FL 34972

Monday	8:00 am - 6:00 pm
Tuesday/Wednesday/Thursday	8:00 am - 5:00 pm
Friday	8:00 am - 4:00 pm
Saturday	8:00 am - 11:30 am



# Center offers pain relief without surgery

**S**impson 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 in Florida, Simpson Medical are the go to chiropractors for your ailments.

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

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

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

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

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

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

## CHIROPRACTIC CARE

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 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.



Ice/Heat Therapy

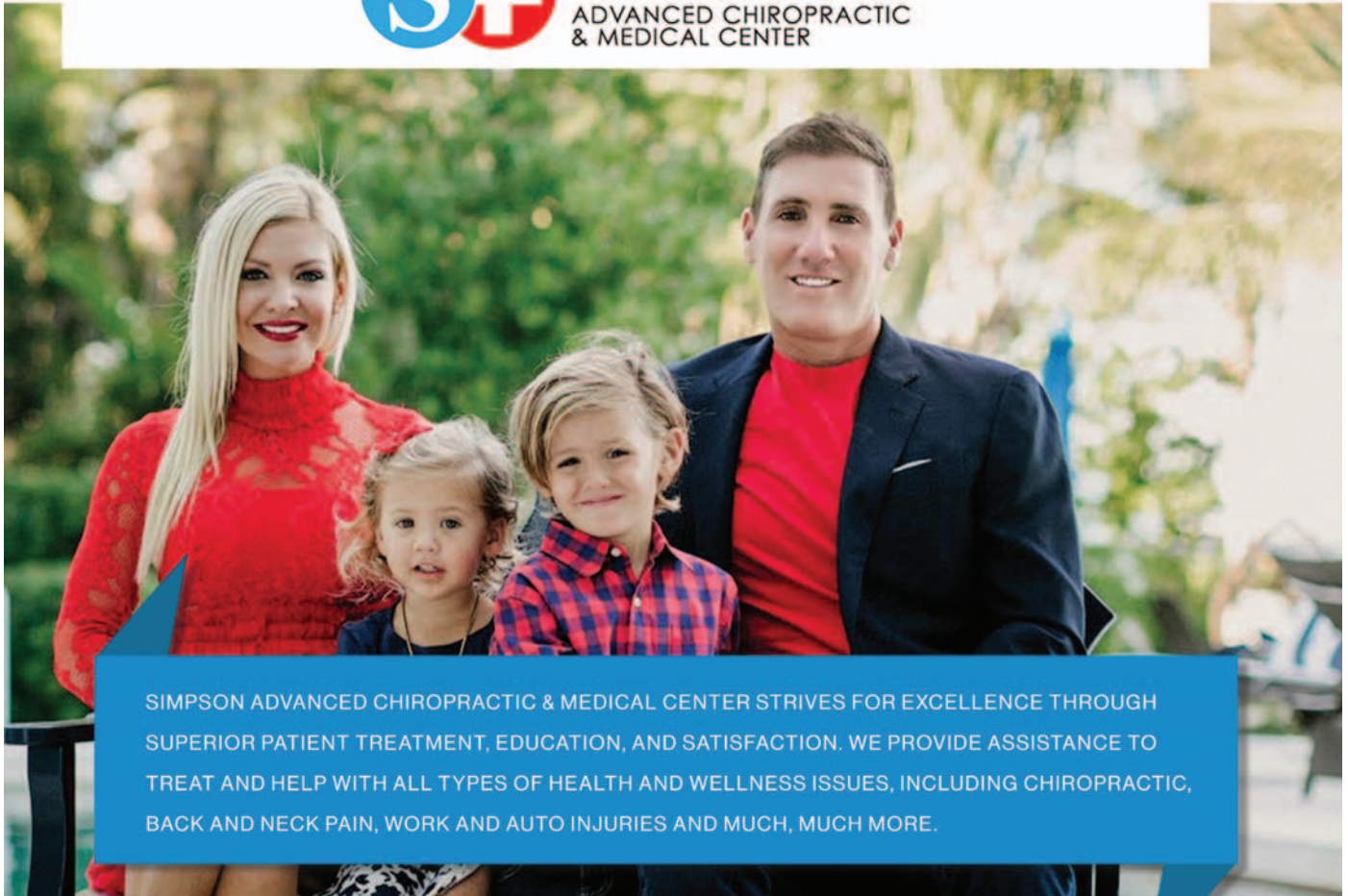


Massage Therapy





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464 SW St. Lucie Blvd., Ste 114  
Port St Lucie, FL 34953

Port St. Lucie Office  
7664 South US Highway 1  
Port St. Lucie, FL 34952

Okeechobee Office  
319 N Parrott Ave  
Okeechobee, FL 34972

*Lake* Okeechobee  
NEWS

Calendar of  
**EVENTS**

January  
11 & 12, 2020

Agri-Civic Center

*Okeechobee*  
**OUTDOOR  
EXPO**

Senior **Expo**

February 2020

March  
12 & 13, 2020

**VETERAN  
APPRECIATION  
MUSICAL SALUTE**

**Watch for more information  
in future editions of  
Lake Okeechobee News**



# Announcing a new breast screening experience.

## Coming this November: 3-D Mammography

Early detection is key. Raulerson Hospital's accredited mammography services offer the latest in 3-D imaging technology. That means women receive sharper, more accurate results. If necessary, this technology can also be used for minimally invasive breast biopsy. High quality care, right here at home.

If surgery is your next step, Raulerson Hospital has a team of experienced surgeons skilled in breast surgery. And, Raulerson Hospital's Surgical Services Department has recently achieved the status of CNOR-Strong for their certifications in the specialty of perioperative nursing.

To learn more about Raulerson Hospital's comprehensive breast health services, visit: [RaulersonHospital.com/womens-health](http://RaulersonHospital.com/womens-health)



**RAULERSON** **H**OSPITAL



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# Getting Ready to Buy Your First Property?

**W**hat 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!

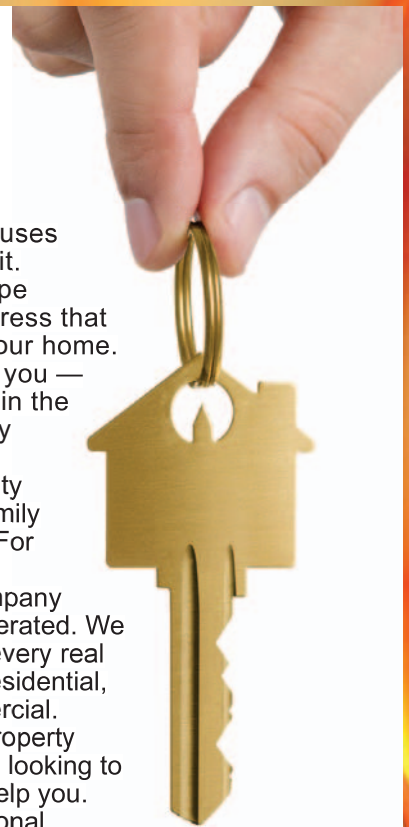
We are Your Top Realty Company That Your Family Can Trust To Be There For You

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.

We take pride in personal relationships with all of our customers and we are here to serve your needs, whatever they may be.

When only the best will do, choose Anderson Realty Co.

**Vicki Anderson, Lic. Real Estate Broker**





**Vicki S. Anderson**

Lic. RE Broker  
Vice President,  
Okeechobee Board of Realtors



**Eric Anderson**

Lic. RE Broker

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**Shelly Doyle**

*Personal Assistant*

**(863) 801-8463**

Shellydoyle@ymail.com



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That Your Family Can Trust to be There for You!**

*Anderson Realty Co. is seasoned at aiding new and  
experienced buyers and sellers  
in all areas of real estate. Contact us  
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the business side of real estate!*

**30034 E. SR 78  
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**For all of our listings, please visit [www.Anderson RealtyCo.com](http://www.AndersonRealtyCo.com)**



Visit [RaulersonHospital.com](http://RaulersonHospital.com) to see our average ER wait times.

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