Senior Behavioral Wellness Services Address Adult Emotional Health
See page 8

Health First Free CPR Day Set For June 4
See page 6
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Health First is pleased to announce the professionals of Royal Oaks Medical Center have joined the Health First Medical Group with locations in Port St. John and Titusville.

“We are pleased the exceptional medical teams at Royal Oaks Medical Center are now part of the Health First Medical Group,” said Dr. Jeffrey Stalnaker, Health First Medical Group CEO. “The providers at Royal Oaks bring more than 27 years of experience to the Health First Medical Group, and we are proud to be able to expand our ability to serve our north county Brevard residents.”

Both the Titusville and Port St. John locations will continue to offer walk-in appointment availability, lab services, minor procedures, on-site general radiology, primary care, sports/schools physicals, well-women care and worker’s compensation.

The hours of operation at the Port St. John and Titusville locations are Monday through Friday from 8 a.m. to 8 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. Most insurances are accepted.

For more information about the Health First Medical Group, visit myHFMG.org

William Troner Named Chairman of Foundation Board

William “Bill” Troner has been named the new board chairman of the Health First Foundation.

“Bill is a community leader with extensive experience and proven business success,” said Terry Mohr, president of the Foundation. “We are confident he will help our donors share our view that philanthropy is best when it starts at home.

“He strongly believes a commitment to Health First is a commitment to Brevard’s health.”

Bill is a patent-licensing attorney serving as managing partner at Andre-Troner LC. in Indialantic. He assists clients in maximizing financial returns on research and development through licensing of patented technologies. His clients are among some of the best-known Fortune 500 companies.

Bill is a member of the Health First Foundation’s Good Samaritan Club and supports a broad list of charitable organizations in Brevard County.

Among other volunteer services, Bill is co-chairman of the Development Committee of the Deans Advisory Board at his alma mater, the University of Florida, as well as a guest lecturer in the Herbert Wertheim College of Engineering Innovation Class.

His family utilizes Health First programs and services and understands the importance of quality health care closer to home.

For more information about the Health First Foundation, visit HFgive.org
We have all had those days when we just don't feel well. Not too-sick-to-function, but uncomfortable while we’re at work or school.

But rather than taking time off for a doctor’s visit, what if you didn’t have to leave your desk to get medical care? That’s where Health First NOW’s TeleHealth can help.

You can simply visit HFnow.org and make an appointment to be seen via TeleHealth, a convenient way for patients to consult with healthcare professionals via telephone or video conference without visiting an office.

It’s easy: The patient goes online and registers for a TeleHealth consultation and chooses a time at which he or she should be called back. A coordinator verifies the patient’s identity, confirms his or her eligibility, takes payment information and updates medication and allergy information.

Then the patient is connected with the provider, who consults through the phone or video conferencing, and may be able to have a look at the patient’s problem then and there.

Advice is given and medication prescribed, if necessary. If a greater problem is suspected or the condition cannot be managed through the TeleHealth conference, appointments are made for the patient to be seen at an urgent care facility.

The cost is $49. It is that simple and it works.

This service is easily accessible and a saver of time and money.

Having trained medical professionals who can review medical records and communicate with regular healthcare providers to ensure continuity of care saves the patient valuable travel and waiting time – as well as missed time from work – all while ensuring records stay in one place.

“We do this as an extension of our urgent care services,” said Dr. Michael Shapiro, who directs urgent care for Health First Medical Group. “It is another way for us to enhance our accessibility to people who are busy or who are unable to get to an urgent care clinic or their doctor’s office. They may be at work, they may not be able to get out; they may be traveling.”

Shapiro, a Dartmouth College-Washington University-University of Massachusetts-trained physician, is a board-certified emergency specialist and former flight physician who has worked at all of Health First’s hospital emergency departments.

“The goal of Health First NOW and TeleHealth is to help make sure patients have access to the care they need, when they need it,” Shapiro said.

“This new service will help us meet this goal.”

Health First NOW also offers appointments for urgent care, emergency care and mammography screening.

For more information, go to HFnow.org
David Schmitt, supervisor and lead instructor of the Health First Training Center, recently was awarded a Bar of Merit by Brevard County Sheriff Wayne Ivey.

Schmitt was recognized for his involvement in training law enforcement officers in “active-shooter” situations. The award was presented in March at the sheriff’s annual recognition ceremony in Viera.

“As sheriff, there is nothing better than recognizing a member of the public safety community for their dedication and hard work,” Ivey wrote in a letter to Schmitt. “I am proud to work with you and I appreciate your service to the citizens of this county.”

Schmitt said he was surprised by the commendation.

“I was shocked,” he said. “I’m deeply honored to be recognized by one of our largest law enforcement agencies in Central Florida as a civilian medical person. It is very humbling and I am deeply honored.”

Law Enforcement Officer-Tactical Casualty Care teaches law enforcement officers and other first responders the basic medical care interventions that will help save the life of an injured officer or civilian suffering life-threatening bleeding until EMS can safely enter a scene or the victim can be evacuated to EMS practitioners.

Based on Tactical Emergency Casualty Care concepts, this training builds upon the fundamentals of first aid and emergency care and introduces the latest concepts in emergency treatment. Topics include: airway management, hemorrhage control including hemostatic gauze and tourniquets, and the recognition and treatment of shock.

The sheriff noted in a news release that “the value of this training program was truly realized in August 2015” when agent John “Casey” Smith was critically wounded in a shootout. As agents attempted to arrest a female occupant of a residence, a male exited the residence and fired shots at the deputies, several of which struck Agent Smith. Smith returned fire, striking the male occupant. Smith is recovering.

HIGH-RISK SITUATIONS

Training provided in this course is beneficial to all law enforcement personnel involved in community policing, Active Shooter Response, school resource officers, firearms instructors and other high-risk situations.

Earlier in 2015, the Florida Department of Health named Schmitt the Emergency Medical Services Educator of the Year. The award honors an EMS instructor or course coordinator who has made a positive contribution to EMS education in the state and has successfully implemented a program or initiative that supports the fulfillment of the Florida EMS Strategic Plan.

Schmitt is a longtime EMT-paramedic and an experienced advanced provider and instructor in the delivery of acute care, resuscitation and stabilization of the sick and injured.

He has designed, implemented, presented and evaluated multiple emergency and trauma-related educational programs.

The Health First Training Center offers a wide variety of educational opportunities including courses on CPR, first aid, AED training, advanced cardiac life support, EMT and paramedic refresher training.

Schmitt also created the annual Health First Free CPR Day that has provided free training to more than 10,000 citizens of Brevard and surrounding communities.

In addition he designed and provided Tactical Medical Casualty Care training to more than 700 law enforcement officers with the Brevard County Sheriff’s Office, Cocoa Police Department, Melbourne Police Department and others as part of their Active Shooter and Officer Rescue training.

To learn more about the Health First Training Center, log on to Health-First.org or call 321.434.1960
As far as events go, the Health First Annual Free CPR Day at Space Coast Stadium may well be perfect. Where else can you enjoy a day of fun for free, and learn to save lives, to boot?

The brainchild of supervisor and lead instructor of the Health First Training Center David Schmitt, CPR Day aims to provide training for people who might otherwise not be exposed to the benefits of the lifesaving technique.

“The original thought was that it was for people who could not afford the $40 or $50 it costs to attend a CPR class, or who wouldn’t want to go to a formal class,” said Schmitt, an experienced EMT-paramedic and experienced advanced provider and instructor in the delivery of acute care, resuscitation and stabilization of the sick and injured.

In eight years, CPR Day has grown into what may be the largest and longest-running free annual event of its kind in the world.

“Attendance has grown remarkably over the years,” said Schmitt.

“In 2009, our first year, 125 people attended the event. In 2015, we had nearly 5,000. Total estimated attendance for all years is just shy of 20,000. That translates to thousands of trained rescuers that can aid a victim until professional help arrives."

BE A SUPERHERO

With a theme of “Be a Superhero. Learn to Save a Life,” this year’s CPR Day should attract even more participants than last year.

“We are focusing on the ‘superheroes’ who by learning CPR are prepared and willing to help others in need,” said Schmitt.

In fact, if 1,500 more attendees show up at this year’s event on Saturday, June 4, CPR Day would be Guinness Book of World Records material. Schmitt would be glad if that happened, not because he is seeking international recognition for the program, but because it would mean more people would be able to step forth and help during a cardiac emergency of a family member, friend or stranger.

“CPR training makes our community a safer place to live, work and play,” he said.

Beyond the stadium full of fun, there is a literally dead-serious
message to Health First’s CPR Day. Sudden cardiac arrest is one of the leading causes of death in this country. Most cardiac arrests happen at home.

Cardiac arrest offers few, if any, warning signs, happens quickly, and is often deadly. The heart of a person with cardiac arrest stops beating, so the individual loses consciousness, stops breathing and their blood fails to circulate. Performing CPR on a victim of cardiac arrest can prevent the person from suffering irreparable brain damage or dying because of the lack of oxygen passed from the lungs into the bloodstream.

FIRST FLIGHT LANDING

CPR training can help both the young and old gain the skills and confidence to save lives in an emergency. The American Heart Association notes that CPR can double a victim’s chance of survival when it is performed immediately.

During CPR Day, staff from the Health First Education and Training Center, plus more than 150 trained volunteers, most of them nurses, emergency medical technicians, doctors and other medical professionals, give their time to teach the American Heart Association’s “Friends & Family” CPR method, which also covers the proper use of automated external defibrillators and teaches participants how to help infants during a choking incident.

On the fun side, CPR Day features the Magic Pizza Oven, courtesy of Pizza Gallery and Grill in Viera. Children are allowed to make a pizza and place it in an oven that, with the wave of a wand, amazingly produces a fully cooked pizza for them to enjoy.

“It’s just as good as the ones at the pizzeria,” promised Schmitt.

CPR Day also features a healthy cooking demo, with plenty of samplings, by Edible Arts Catering, sister business to Pizza Gallery. First Flight will land its super-cool helicopter at the Stadium and the Brevard County Sheriff’s Office will enlist their specialty teams to showcase. High school teams will present robotics shows and Manny the Manatee will pose for photo opportunities. Brevard Zoo will be on-hand with Education animals.

“There will be fun for ages one to 90,” said Schmitt.

FOR YOUR HEART 5K

Free CPR Day also includes a 5K “For Your Heart” run/walk. The 5K is free and open to everyone. The run/walk starts at 7 a.m. and all participants receive a 5K T-shirt and breakfast. Awards will be given to the top finishers in each age group.

Everyone who participates in the CPR training or 5K will receive a free T-shirt. Additional incentives include a coupon for a free personal gourmet pizza from Pizza Gallery and a ticket to a Manatees game. Participants who complete the CPR training will also be awarded American Heart Association’s Family & Friends CPR certificate.

Learning CPR is a cinch and takes about 45 minutes. Anyone can do it, says Schmitt.

“It’s so easy that children as young as four or five and those who are wheelchair confined, hearing impaired and as old as in their 80s have attended, learned CPR and had fun,” said Schmitt.

Schmitt will be at the Stadium very early on Saturday, June 4, to help set up the rows upon rows of mannequins that will be used in the training.

“It’s sobering to see so many mannequins on the field of the Stadium that day,” he said. “Think of the lives that will be saved by them.”

TO REGISTER for the Health First Free CPR Day, log on to HFcpr.org
Senior Behavioral Wellness Services
Address Adult Emotional Health

For many older adults, growing older can be a challenge both physically and mentally. That's why in November 2015, Health First opened its Senior Behavioral Wellness treatment program on Babcock Street in Melbourne. The service offers an intensive outpatient therapy program to help older adults deal with the unexpected challenges associated with the death of a spouse, physical and mental limitations, or any other changes that can be associated with growing older.

“Most of people we provide care to are struggling with a loss of some kind,” said Dr. Kelly Dunn, the medical director of Senior Behavioral Wellness. “Loss of health, loss of a loved one, loss of independence, a loss of financial resources – so there is a theme of loss.”

She said a typical client of the program would be a 72-year-old man or woman who may have lost a spouse, recently retired, whose children live out of state and who is trying to make decisions on where to live and continue with her life.

“This program offers hope,” said Judy Gizinski, chief operating officer at Health First’s Palm Bay Hospital. “It offers hope and healing and recovery not only for the patient but also for the family unit. It’s just a wonderful (option) when you’re going through a crisis.”

The program, on average, is 12 weeks long and requires clients to meet three days a week for group therapy sessions. Those sessions are held in one of four themed rooms, each with comfortable surroundings and soothing lighting. In fact, it doesn’t feel like a clinical setting at all.

Meg Tworkowski, the community education manager, says potential clients should keep the following in mind:

- Depression is not a normal part of the aging process, it is an illness that responds to treatment, like diabetes or hypertension.
- Wellness is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity; one can enjoy wellness at all stages of life.
- Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.
- Older adults are often misdiagnosed and under-treated. Healthcare providers may mistake an older adult’s symptoms of depression as just a natural reaction to illness or the life changes that may occur with aging. Older adults often share this belief and do not seek help because they don’t understand that they could feel better with appropriate treatment.
- It’s okay to ask for help and you can feel better.
- The staff at Senior Behavioral Wellness specializes in working with older adults and understands depression. “We try to assure patients and their families that we have great empathy for what they are struggling with and we want to try to understand their struggles, and help them to improve the quality of their lives,” Dunn said. “We want them to feel better and be as independent and healthy as possible. That requires a team approach. Our goal is to work with them as effectively as possible to get them as well as possible.”

MANY OLDER ADULTS EXPERIENCE unique emotional stresses that can oftentimes be helped through specialized care. The compassionate, experienced staff at Health First Senior Behavioral Wellness is here to support older adults.

EXTREMELY PASSIONATE

On staff at the clinic are licensed clinical social workers, a licensed practical nurse and patient care managers, as well as medical director Dunn.

“Every one of them is extremely passionate about this type of care,” said Dunn, an independent private-practice physician who has served older adults in Brevard for 20 years.

Dunn noted that Visa Srinivasan, better known as “Dr. Visa,” with Health First’s Aging Institute has been instrumental in ensuring older adults get the care they need.

“She frequently refers patients and families in need to us,” Dunn said. “We coordinate our care with them.”

Clients at Senior Behavioral Wellness can expect collaborative care with their current primary care physician or other health care service provider.

Later this year, as a first-line extension of the Senior Behavioral Wellness services, Health First will open an inpatient program at Palm Bay Hospital. The geriatric program will be in an 18-bed unit with registered nurses, certified nursing assistants, mental health counselors, occupational therapists, and client service coordinator.

“People may think this is a specialized-type of care, but it works just the same as medical health care,” Dunn said. “If you need help, we are here.”

Health First Senior Behavioral Wellness is located at 3661 S. Babcock Street in Melbourne. For information, call 321.434.7604.
Coming soon...

Health First
Breast Center

Staying healthy just got a lot easier.

Health First will soon offer an all-inclusive breast care facility dedicated to providing the most up-to-date technology for breast health.

Located adjacent to Health First Medical Group’s Gateway office, the Breast Center will provide a supportive environment with a multidisciplinary team of experts, providing guidance in planning your ongoing breast care.

Currently under construction at 1223 Gateway Drive in Melbourne.
Surgery is never a pleasant thought, but having to travel a long distance for the procedure makes the situation even worse. Fortunately for Brevard residents, Health First’s Cape Canaveral Hospital board-certified surgeon Dr. Joseph Bedway performs complex laparoscopic surgeries close to home.

“It used to be that patients from north Brevard would have to travel to Melbourne for breast cancer surgery and colon cancer patients would have to go to Orlando for those procedures,” said Bedway.

“It is now much more convenient for both the patient and the family members to be able to stay closer to home.”

Bedway, associated with Health First Medical Group, specializes in surgeries of all types, but a large percentage of his patients need help with thyroid, breast, colon and hernia issues.

His experience with laparoscopic surgery often comes into use, particularly with hernia operations. There are significant advantages to this type of minimally invasive surgery, which uses small incisions versus traditional larger cuts. The benefits are so great that laparoscopic surgery, although highly complex, is a significant part of Bedway’s practice.

“Patients can expect much more advanced laparoscopic surgery than in the past,” said Bedway.

“For hernia repair, for example, we use four or five cuts each about a quarter of an inch, as opposed to the eight to 12 inches that were once used. There is less pain, chance for complications and need for pain medication, and hospital stays are usually one or two days instead of five days. When they get home, these patients feel better overall.”

A laparoscope is a long fiber optic cable system with a pencil-like flexible instrument that allows the surgeon to perform operations with a camera. The cable is inserted at an easily accessible area of the body, such as the groin, and snaked to the surgery site. Because incisions are much smaller than in open surgery, there is less scarring. This type of surgery is now used routinely with hernia repairs, bowel resection and gastric bypass, among others.

COORDINATED CARE

Bedway notes the healing culture at Cape Canaveral Hospital also enables patients to receive seamless treatment from the first visit to post-operative support, because all Health First physicians, from general practitioners to specialists, have access to complete patient records and maintain close communication with each other during the entirety of the patient’s treatment.

“We take pride in our integrated service,” said Bedway. “It makes it much more convenient for the patient and optimizes treatment.”

This coordinated care is part of the reason the 150-bed Cape Canaveral Hospital has received the highest “Patient Recommended” rating in Central Florida, based on publicly-reported Centers for Medicaid and Medicare Services patient survey results.

The grandson of coal miners, Dr. Joe Bedway, with the Health First Medical Group, specializes in surgeries of all types, but a large percentage of his patients need help with thyroid, breast, colon and hernia issues.
Bedway is a magna cum laude graduate of Muhlenberg College in Allenton, Pennsylvania, and completed his medical training at Thomas Jefferson University in Philadelphia.

At Orlando Regional Medical Center, Bedway served as administrative chief resident. It was at this major medical facility where Bedway honed his skills in laparoscopy. He was also resident instructor of surgery at the University of Central Florida College of Medicine.

IT’S ALL ABOUT THE PATIENTS

Prior to joining Health First Medical Group and Cape Canaveral Hospital, Bedway practiced trauma surgery at a hospital in Central Maine.

“It was definitely a change to move back to Florida,” he said.

His reason for choosing surgery as his specialty is simple: it’s all about the patients.

“I went into surgery because I like being able to fix patients’ problems,” he said.

“You can see the relief on their faces when they come back after surgery without any worries.”

Bedway is not the only physician in the family. His wife, Dr. Sharon Noori, is a breast cancer oncology surgeon at Health First’s Holmes Regional Medical Center.

Though an avid golfer and outdoor enthusiast, Dr. Bedway has precious few hours to spare in these leisure pursuits, thanks to the recent arrival of his daughter, Lilly.

“With a four-month-old, you have no free time for anything else,” he said.

Dr. Joseph Bedway’s office is located at the Health First’s Cape Canaveral Hospital Medical Plaza, 699 W. Cocoa Beach Causeway, Suite 505, Cocoa Beach. For appointments, call 321.868.8374.

Health First Foundation recently hosted a special recognition reception for their Good Samaritan Society donors. The individuals in this Society have a cumulative lifetime giving of more than $10,000 or whose annual giving totals more than $1,000.

The reception highlighted the impact of the many generous donations that have come from this special group. Bill Troner, Chair of the Health First Foundation Board of Directors, shared stories that highlighted the life-changing impact of philanthropy. Bill stated, “Your gifts have seen heartwarming miracles, great and small, in the lives of strangers, neighbors and friends.”

In addition, Dawn Yochim, the Emergency Department Assistant Nurse Manager at Health First’s Palm Bay Hospital, spoke to the group and described the impact the nursing scholarship she received has had on her life. “Receiving a scholarship from the Health First Foundation to continue my nursing education has changed my life,” Dawn said. “It has given me the confidence and skills I need to make a more meaningful difference in patients’ lives.”

The evening concluded with Steve Johnson, President & CEO of Health First, thanking the attendees for their generosity and commitment to Health First, emphasizing that their gifts make a difference in our community and inspire others to do the same.

For more information about the Health First Foundation, visit HFgive.org
FREE LECTURE: Do you qualify for a Lung Cancer Screening?

Tuesday, April 12, 2016
Noon to 1 p.m.
Location: Health First’s Palm Bay Hospital Auditorium
1425 Malabar Road NE
Palm Bay, Florida 32907
Lunch will be served.

Wednesday, July 13, 2016
Noon to 1 p.m.
Location: Holiday Inn Viera
8298 N. Wickham Road
Viera, Florida 32940
Lunch will be served.

Friday, May 13, 2016
Noon to 1 p.m.
Location: Holiday Inn
4715 Helen Hauser Blvd
Titusville, Florida 32780
Lunch will be served.

Thursday, August 11, 2016
Noon to 1 p.m.
Location: Health First’s Cape Canaveral Hospital Medical Plaza
Conference Room A
701 W. Cocoa Beach Cswy
Cocoa Beach, Florida 32931
Lunch will be served.

Thursday, June 2, 2016
Noon to 1 p.m.
Location: Hilton Rialto
200 Rialto Place
Melbourne, Florida 32907
Lunch will be served.

Call 321.434.4335 to RSVP. Seating is limited.