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October 3, 2018

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Awareness  
Month*

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*the moment is*

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Healthcare Advocate



Polk County. Simply Healthcare Plans, Inc. is a Medicare-contracted coordinated care plan that has a Medicaid contract with the State of Florida Agency for Health Care Administration to provide benefits or arrange for benefits to be provided to enrollees. Enrollment in Simply Healthcare Plans, Inc. depends on contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. From October 1 to March 31, we are open 7 days a week from 8 a.m. - 8 p.m., EST. Beginning April 1 until September 30, we are open Monday through Friday, 8 a.m. - 8 p.m., EST. We do not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability in our health programs and activities. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-577-0115 / TTY: 711. Paid endorsement. Paid actor portrayal.

Y0114\_19\_35660\_U\_M\_006 Accepted 10/01/2018



# Fighting Breast Cancer with Debra Parker

By Bailey Hill



"I went for my regular mammogram on May 14th of this year. They called me to say they wanted to do further diagnostic testing," said Debra Parker

As women, we are told to self-check for breast cancer even as young adults. Around the age of 40, it is recommended that all women go in for mammograms every year. Debra Parker's routine was no different. She knew how to self-check and felt no differences. She had been getting yearly mammograms and had no signs of anything out of the ordinary. On June 2nd, she had her diagnostics done with the radiologist present. That day he told her he was 99% sure that she had malignant cancer.

"I knew time was of the essence if it was cancer. I had the biopsy that Friday, the 8th," said Debra.

On the 12th, just four days later, she was faced with the news that no one ever wants to hear. They called to confirm that she had Malignant Invasive Carcinoma. This means that the cancer had spread from the milk duct into the breast. She

quickly reached out to the surgeon to schedule surgery for that summer.

After the surgery, the course of treatment for this type of cancer is 36 rounds of radiation. But as many may not know, there are a lot of steps between that initial surgery and the radiation itself. First comes the CT scans and mapping to determine the course of radiation, which can differ in each person's case. As for Debra's case, she had 10 rounds of Accuboot treatments. Accuboot targets the specific area where the cancer was. She then had 26 rounds of normal radiation treating the entire right breast. "With radiation you don't feel anything during, however you do begin to turn pink. Your skin changes color and there is much care taken to treat the breast in hope of not getting burns," said Debra.

- Continued on Page 4 -



It is known that cancer changes daily life in more ways than one, but hearing about the affect it has on someone physically, emotionally, and spiritually makes you really open your eyes. Cancer patients have to go in to the doctor's office daily for treatment. Then they have follow-up appointments with their radiation oncologist once-a-week. Beyond the fatigue, heightened emotions, and day-to-day schedule, this experience also gives light to a new perspective. "It makes you reevaluate your life, your choices, and what is most important. You don't just get cancer, you are living with it!" said Debra.

"One in every eight women will be diagnosed with breast cancer. I am the one in eight. Look around at your close friends and know that one in eight women will be diagnosed," said Debra.

Her advice is to be proactive. She says it is important to self-check your breasts, even though she couldn't feel a difference in her case. She advises that it is imperative to get a mammogram once every twelve months. Debra went to get a mammogram with regular

results. Then, 15 months later, they found malignant breast cancer. It is important to her that people go once every twelve months and on time, rather than waiting. She noted to check area hospitals as many of them have a discounted mammogram program each year for anyone without insurance.

Debra's positivity and fire for life is something we can learn from no matter what our situation is. Most of us know someone who has dealt with cancer or we know someone who will. Your mindset is how you overcome trials. Her faith in what she knows to be true is how she get's through each day. Keeping faith that God is working out her plan helps her to enjoy life and where she is in this moment.

"Life can be good in spite of your circumstances. You must be willing to rise above the circumstance," said Debra.

PHOTOS  
Below: Radiation Accuboot Treatment  
Right: Normal Radiation



Life can be good  
in spite of your  
circumstances. You  
must be willing  
to rise above the  
circumstance

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# Medicare Open Enrollment October 15 - December 7

[www.medicare.gov](http://www.medicare.gov)

## Step 1:

Learn about the different parts of Medicare

The different parts of Medicare help cover specific services. Medicare Part A (Hospital Insurance) covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care. Medicare Part B (Medical Insurance) covers certain doctors' services, outpatient care, medical supplies, and preventive services.

## Step 2:

Find out when you can get Medicare

There are only certain times when people can enroll in Medicare. Depending on the situation, some people may get Medicare automatically, and others need to apply for Medicare. The first time you can enroll is called your Initial Enrollment Period. Your 7-month Initial Enrollment Period usually:

- Begins 3 months before the month you turn 65
- Includes the month you turn 65
- Ends 3 months after the month you turn 65

Get an estimate of when you can enroll in Medicare. If you don't enroll when you're first eligible, you may have to pay a Part B late enrollment penalty, and you may have a gap in coverage if you decide you want Part B later.

## Step 3:

Decide if you want Part A & Part B

Most people should enroll in Part A when they turn 65, even if they have health insurance from an employer. This is because most people paid Medicare taxes while they worked so they don't pay a monthly premium for Part A. Certain people may choose to delay Part B. In most cases, it depends on the type of health coverage you may have. Everyone pays a monthly premium for Part B. The premium varies depending on your income and when you enroll in Part B. Most people will pay the standard premium amount of \$134 in 2018. Learn more about whether you should take Part A and Part B.

## Step 4:

Choose your coverage

If you decide you want Part A and Part B, there are 2 main ways to get your Medicare coverage — Original Medicare or a Medicare Advantage Plan (like an HMO or PPO). Some people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap). Most people who are still working and have employer coverage don't need additional coverage. Learn about these coverage choices.

## Step 5:

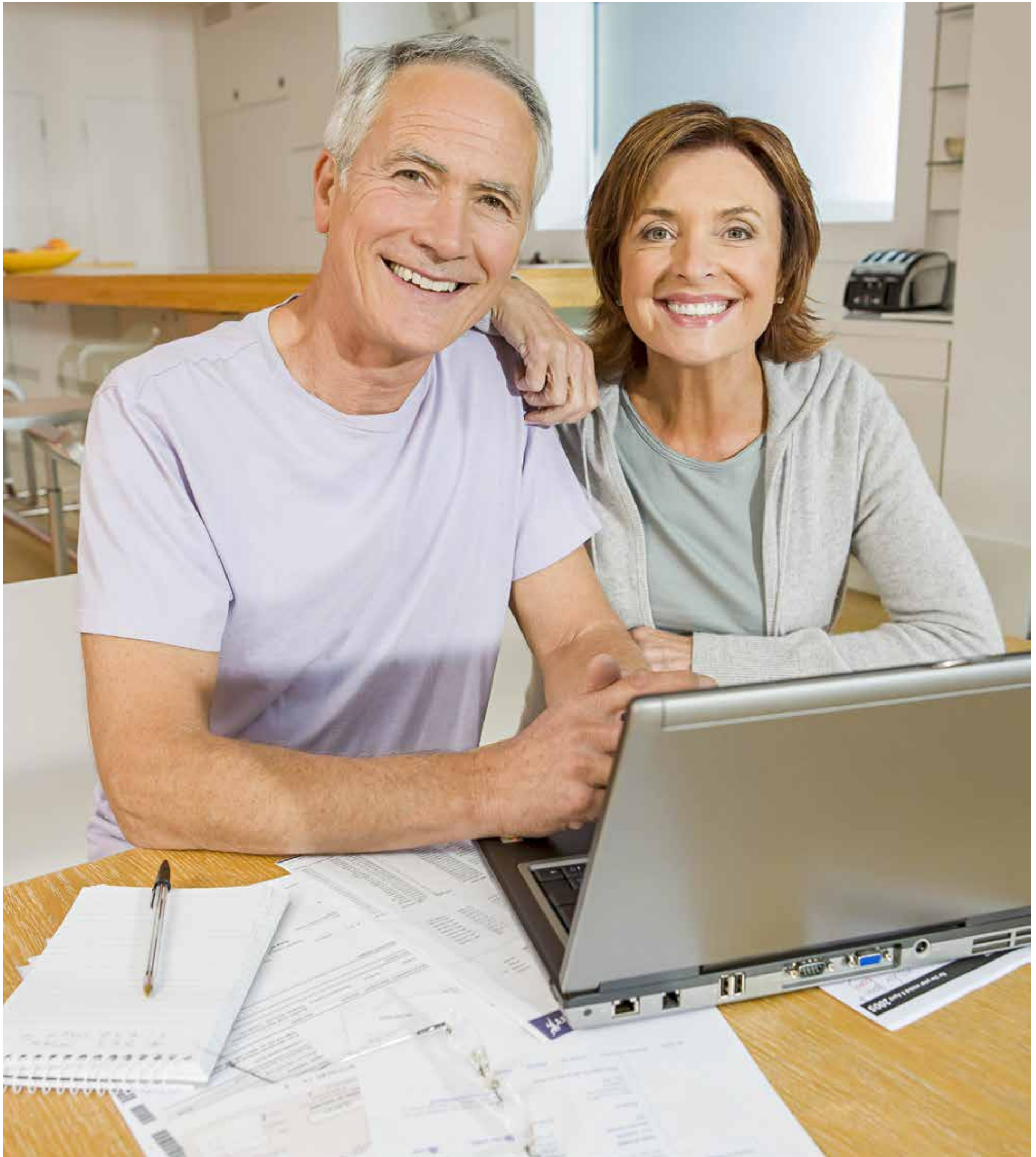
Sign up for Medicare  
(unless you'll get it automatically)

Some people automatically get Part A and Part B. Find out if you'll get Part A and B automatically. If you're automatically enrolled, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or your 25th month of disability. If you don't get Medicare automatically, you'll need to apply for Medicare online.











# 5 tasks for your first year with Medicare

- Fill out an Authorization Form if you want your family or friends to call Medicare on your behalf. Medicare can't give personal health information about you to anyone unless you give permission in writing first. Get this form in Spanish.
- Make a "Welcome to Medicare" Preventive Visit appointment during the first 12 months you have Medicare. This free, one-time comprehensive preventive visit puts you in control of your health and your Medicare from the start.
- Sign up for MyMedicare.gov to access your personal Medicare information 24 hours a day, every day. Through this secure online service, you can:
  - Track your health care claims
  - View your "Medicare Summary Notices" (MSNs)
  - Order a replacement Medicare card
  - Check your Medicare Part B Deductible status
  - View your eligibility information
  - Track your Preventive services
  - Find information about your Medicare health plan or Medicare Prescription Drug Plan (Part D), or search for a new one
  - Keep your Medicare information in one convenient place
- Learn what Medicare covers. You'll get a list of tests, items, and services that are covered no matter where you live. If your test, item, or service isn't listed, talk to your doctor or other health care provider about why you need it. And, ask if Medicare will cover it.
- Decide if you want to go paperless, and get your next free copy of "Medicare & You" electronically. Next October, you'll get an email linking you to "Medicare & You" instead of a paper copy in your mailbox.

## Bond Clinic knows the importance of making the right decision with your Medicare

*During our **2018 OPEN ENROLLMENT**, you may visit with many insurance providers to learn about their options.*

### October

**Tuesday, October 16**  
Careplus  
10am, Seminar

**Tuesday, October 16**  
United Healthcare  
2pm-3pm, Seminar

**Thursday, October 18**  
Florida Blue  
1pm-3pm, Q & A session

**Tuesday, October 23**  
United Healthcare  
2pm-3pm, Seminar

**Wednesday, October 24**  
Careplus  
10am, Seminar

**Thursday, October 25**  
Florida Blue  
10am-12pm, Q & A session

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

**Friday, October 26**  
Humana, Seminar  
9am (English), 11am (Spanish)

**Monday, October 29**  
Careplus  
10am, Seminar

**Tuesday, October 30**  
Florida Blue  
10am-12pm, Q & A session

**Tuesday, October 30**  
United Healthcare  
2pm-3pm, Seminar

### November

**Tuesday, November 6**  
United Healthcare  
2pm-3pm, Seminar

**Thursday, November 8**  
Careplus  
10am, Seminar

**Thursday, November 8**  
Florida Blue  
1pm-3pm, Q & A

**Tuesday, November 13**  
United Healthcare  
2pm-3pm, Seminar

**Wednesday, November 14**  
Humana, Seminar  
9am (English), 11am (Spanish)

**Thursday, November 15**  
Florida Blue  
2pm-4pm, Q & A Session

**Friday, November 16**  
Careplus  
10am, Seminar

**Tuesday, November 20**  
Florida Blue  
10am -12pm, Q & A

**Thursday, November 27**  
United Healthcare  
2pm-3pm, Seminar

**Wednesday, November 28**  
Humana, Seminar  
9am (English), 11am (Spanish)

**Thursday, November 29**  
Florida Blue  
1pm-3pm, Q & A Session

### December

**Wednesday, December 5**  
Humana, Seminar  
9am (English), 11am (Spanish)



*All events are free and open to the public. They are held in the Steele Building, 4th Floor Conference Room on Bond Clinic's Main Campus.  
500 E Central Avenue • Winter Haven, FL • 863-293-1191*

# Making Strides Against Breast Cancer

Saturday, October 13th  
Lake Mirror, Frances Langford Promenade,  
Lakeland

Survivor Check-in: 7:00AM  
Participant Check-in: 7:30AM  
Opening Ceremony: 8:00AM  
Walk Begins: 9:00AM

All event participants, including children, need to register for the walk. If you do not register online prior to the event, please visit the check-in area upon arrival.

The American Cancer Society Making Strides Against Breast Cancer walk raises awareness and funds to save lives from breast cancer. Each event is a noncompetitive 3 to 5 mile walk that brings people together to make a difference for everyone who has been touched by breast cancer. The event raises money to fund innovative research, provide free information and support, and to help people reduce their breast cancer risk or find it early when it's most treatable.

From the opening ceremony to the post-walk entertainment, a Making Strides event is a celebration of survivors and opportunity to remember loved-ones lost. By walking in an event, raising funds, volunteering or forming a team, you're helping the American Cancer Society find solutions through new treatments and support services

**1-800-227-2345**  
**Email: [PolkCountyFLStrides@cancer.org](mailto:PolkCountyFLStrides@cancer.org)**  
**[makingstrideswalk.org/polkFL](http://makingstrideswalk.org/polkFL)**





# Feeling **HEALTHY**

**OCTOBER**

## **4 ALZHEIMER'S SUPPORT GROUP 10-11am Free**

This support group is designed to provide emotional, educational and social support for caregivers. In the group, attendees develop coping methods, encourage self-care, learn about community resources, and optimize care techniques. For program information and questions call the Alzheimer's Association office at 863-292-9210. Heart of Florida Regional Medical Center, Cafeteria Boardroom, 40100 U.S. 27, Davenport. Register online [www.heartofflorida.com](http://www.heartofflorida.com)

## **4 TOTAL JOINT REPLACEMENT 12:30-2pm Free**

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

## **5 CHAT & CHEW: DR. RUTH HEIDRICH 11:30am-1:30pm Free**

Dr. Heidrich answers your questions about health, diet & fitness. Winter Haven Public Library. Facebook at Chat and Chew More Plants

## **8 WEIGHT LOSS SURGERY SEMINAR: SLEEVE GASTRECTOMY 4-5pm Free**

Shiva Seetahal, MD, will explain all about the Sleeve Gastrectomy procedure. Weight loss surgery staff will be on hand to discuss the health benefits of weight loss surgery, the requirements both pre- and post-surgery and to answer any questions you may have. We will also have staff available to discuss insurance questions as well. Heart of Florida Regional Medical Center, 40100 U.S. 27, First Floor Boardroom, Davenport. Space is limited, register at [www.heartofflorida.com](http://www.heartofflorida.com). (863) 422-4971

## **8 WOMAN TO WOMAN CANCER SUPPORT GROUP 6-7pm Free**

Information, support and coping for women who have or have survived cancer. Winter Haven Hospital - Wellness Center Conference Rm, 200

Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

## **9 LOOK GOOD FEEL BETTER 10am-12pm Free**

Look Good Feel Better is a free program that teaches beauty techniques to women in active cancer treatment to help with the treatment's appearance-related side effects. Free cosmetic kits are provided for each participant according to their specific skin tone. Information on wigs and scarves will also be provided. Look Good Feel Better is a partnership between the American Cancer Society, the National Cosmetology and the Personal Care Products Council Foundation. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

## **9 BREASTFEEDING SUPPORT GROUP 11am - 1pm Free**

New and expectant mothers can share and learn about breastfeeding in this interactive breastfeeding support group with an International Board Certified Lactation Consultant (IBCLC). Meet with other breastfeeding moms to discuss all aspects of baby care, development, and feeding. Share concerns and work through issues with a support network of women. Free to attend and refreshments provided. Due to the intimacy of mother-baby bonding this is a women's only group. Heart of Florida Regional Medical Center, 5th Floor Lobby, 40100 U.S. 27, Davenport. Call 863-419-BABY or register online [www.heartofflorida.com](http://www.heartofflorida.com).

## **9 WEIGHT LOSS SURGERY INFORMATION 6-7pm Free**

Take the first step to weight loss surgery and attend an information session at one of our convenient locations. Meet a surgeon and learn more about your options. Bartow Regional Medical Center - Classroom 1, 2200 Osprey Blvd, Bartow. 855-269-4777 Register online [baycare.org](http://baycare.org)

## **10 BETTER BREATHERS CLUB 1-2pm Free**

For individuals with chronic lung

- Continued on Page 12 -

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disease including COPD, pulmonary fibrosis and lung cancer. Learn ways to better cope with your diagnosis. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**10 TREATMENT OPTIONS FOR ENLARGED PROSTATE SEMINAR 4:45-6pm Free**

Please join Urologist Michael D'Angelo, M.D., for a free and informative seminar on treatment options for enlarged prostate or BPH. This common condition affects nearly 40 million men in the United States. Dr. D'Angelo will discuss several treatment options as well as answer any questions you have about BPH. A buffet dinner will be served. Registration begins at 4:45 pm and the seminar will begin at 5 p.m. Seating is limited, so please register to ensure a seat. Golden Corral, 1555 Grand Hwy, Clermont, FL 34711. www.heartofflorida.com

**11 TOTAL JOINT REPLACEMENT 12:30-2pm Free**

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery

process. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**11 PUTTING THE FIRE OUT... HEARTBURN NO MORE! 6pm Free**

During this free informative lecture, Dr. Anthony Zappia, MD will discuss the signs and symptoms of heartburn and hiatal hernias, and share the minimally invasive robotic procedures that treat these issues with smaller incisions and faster recoveries than ever before. Watson Clinic Highlands, First Floor Lobby, 2300 E. County Rd. 540A in Lakeland. 863-607-3639 or online at WatsonClinic.com/Events

**12 BREAST CANCER 101: HOW TO DETECT IT, HOW TO TREAT IT, HOW TO BEAT IT! 9-10am Free**

Breast care specialist Dr. Paul Williams will be discussing breast health and answering questions. Light refreshments will be served. Seats are limited, sign up for this free seminar today! Good Samaritan Village, 4250 Village Dr, Kissimmee, FL 34746. (863) 422-4971 www.heartofflorida.com

**12 CAREGIVERS SUPPORT GROUP 1:30-2:30pm Free**

A safe place for sharing caregiving and self-care tips, discussing the challenges of caring for a loved one and finding emotional support. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**15 OVARIAN CANCER SUPPORT GROUP 5:30-7pm Free**

A group for women with ovarian cancer and their caregivers to share emotions and experiences with other survivors. Speakers will present information on various topics. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**15 BREASTFEEDING CLASS 6-8:30pm \$15**

Covers breastfeeding basics, skin-to-skin contact, tips for returning to work and when to call a health care provider/lactation consultant. Registration is for the expectant parent plus one guest. Dads are encouraged to attend. Arrive 10-15 minutes before class starts. Bring

your confirmation letter to class. No refunds for cancellations less than two weeks from the date that the class starts. There are no refunds for no-shows and/or partial attendance. Rescheduling is available at any time. Exceptions: Written documentation of medical emergency, early delivery (birth), bed rest or other illness. Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE. 855-269-4777 Register online baycare.org

**16 SUPPORT GROUP: BETTER BREATHERS CLUB 1-3pm Free**

A support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others with similar health issues and concerns. Led by a trained facilitator, this in-person adult support group helps give you the tools you need to have a better quality of life. For more information, call 863-422-4971, ext. 2247. Light refreshments provided. www.heartofflorida.com

**16 MAN TO MAN CANCER SUPPORT GROUP 1:30-2:30pm Free**

Offering information for men who

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**Medicare Annual Election Period is October 15 - December 7**  
**Questions? We can help.**  
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**Aftab Khan, MD\***  
Davenport Medical Center  
2500 Berry Blvd. | Davenport  
(863) 420-4077 (TTY:711)

**Sunil Nihalani, MD\***  
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405 S. 11th Street | Lake Wales  
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have cancer or have survived it, this is a safe and welcoming group to give and receive support from others. Winter Haven Hospital - Quality Department Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**16 BARIATRIC SURGERY WEIGHT LOSS SUPPORT GROUP**  
**6:30-7:30pm Free**

If you have had bariatric weight loss surgery and have questions about your weight loss journey, please attend our Bariatric Weight Loss Surgery Support Group. We will be discussing topics such as tips for continued healthy eating, portion sizes, fluid intake and protein selections. Our Bariatric Program Director will lead the discussion and will be available to answer any questions you have as you continue losing weight and getting back to being your active, healthy self. Register today to attend the class or if you can't make the meeting, please call Marianne Lehman at 863-419-2271 for more information on how to attend the meeting via phone conference call. Heart of Florida Regional Medical Center, 40100 U.S. 27, 1st Floor Boardroom, Davenport. www.heartofflorida.com

**17 BREAST CANCER AWARENESS LUNCHEON: PUTTING IT BACK TOGETHER**

**11:30am-1pm Free**

Discuss Breast Cancer topics, celebrate Breast Cancer survivors as well as those survivors who have undergone reconstructive surgery. There will be a panel discussion with Breast Cancer physicians and radiologists. We will be offering information on screening, diagnosis, treatment and breast reconstruction. There will also have a fashion show featuring survivor models. Register today for this fun, uplifting and informative luncheon. 799 Johns Ave, Lake Eva Event Center, Haines City. (863) 422-4971 www.heartofflorida.com

**18 LUNCH & LEARN ROBOTIC JOINT REPLACEMENT SEMINAR**  
**12-1pm Free**

Learn about this minimally invasive surgery. Many patients experience a shorter hospital stay and quicker recovery. Orthopedic Surgeon, Abhijit Manaswi, M.D., will answer your questions about your joint replacement options and much more during this free lunch & learn seminar. Light lunch will be served but space is limited. Heart of Florida

Regional Medical Center, 40100 U.S. 27, Davenport. Register www.heartofflorida.com

**18 TOTAL JOINT REPLACEMENT**  
**12:30-2pm Free**

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**19 OSTOMY SUPPORT GROUP** **10-11am Free**

Dedicated to improving quality of life for those who will or have a colostomy, ileostomy or urostomy. Family or significant others welcome. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online baycare.org

**19 ART & SOLE FOR THE CURE FUN RUN/WALK**

**5-8pm Free**

There is no cost to attend or to participate in the run / walk, the door prizes will be available for sale, and there will be other activities that you will need money for, including luminaria and food trucks. All proceeds benefit the Breast Cancer Research Foundation. Lake Wales Park, 449 E. Park Avenue, Lake Wales, FL 33853, Register www.heartofflorida.com

**20 CHILDBIRTH EDUCATION CLASS**  
**8am-4:30pm \$45**

Gain a better understanding of the process of labor and delivery and get answers your questions about the birthing process with a certified childbirth educator. We encourage labor partners to attend. The class is \$45 per couple (only one ticket is needed per couple). Please register online and present ticket when attending the class. Call 863-419-BABY for more information. Heart of Florida Regional Medical Center, Education Boardroom, 40100 U.S. 27, Davenport. www.heartofflorida.com

**20 HALLOWEEN BOO-TOX SPOOKTACULAR!**  
**10am-2pm**

Join Joseph Columbus, ARNP-C, DNP, a certified nurse practitioner who works alongside board-certified facial plastic surgeons Dr. Serge Jean and Dr. Pranay Patel, as he discusses and demonstrates the benefits of BOTOX® facial filler injections. This

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special event will also feature free consultations, light refreshments and exclusive discounts of 30% off one site of BOTOX® with the purchase of one full-priced site during the event. Medical Spa at Watson Clinic, Bella Vista Building, 1755 N. Florida Ave. in Lakeland. RSVP: 863-680-6241 or online at [WatsonClinic.com/Events](http://WatsonClinic.com/Events)

### **22 BREASTFEEDING CLASS 5:30-7:30pm \$15**

Attend our breastfeeding class from an International Board Certified Lactation Consultant. Bring your support person and learn about the evidence-based benefits of breastfeeding your new baby. The interactive class will cover: Breastfeeding techniques, Providing adequate milk supply, Feeding routines, Integrating breastfeeding into your lifestyle. We will help you make your breastfeeding experience a success. Please register online and present ticket when attending the class. Call 863-419-BABY for more information. Heart of Florida Regional Medical Center, Education Board Room, 40100 U.S. 27, Davenport. [www.heartofflorida.com](http://www.heartofflorida.com)

### **22 WOMAN TO WOMAN CANCER SUPPORT GROUP 6-7pm Free**

Information, support and coping for women who have or have survived cancer. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

### **23 BRAIN INJURY SUPPORT GROUP 7-8:30pm Free**

Open forum for brain injury survivors and their caregivers, family and friends on how to live life to the fullest after a traumatic injury. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

### **25 DIABETES SUPPORT GROUP 9-10am Free**

This is an open discussion held by a certified diabetes educator for all diabetes related topics. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

### **25 TOTAL JOINT REPLACEMENT 12:30-2pm Free**

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital, Wellness Center Conference Rm, 200 Avenue F NE. 855-269-4777 Register online [baycare.org](http://baycare.org)

### **25 WOMEN'S BREAST CANCER SUPPORT GROUP 1-2:30pm Free**

a place for women to come together to exchange ideas, gather information and discuss concerns with others who are dealing with, have dealt with or are a support person for someone with breast cancer. The support group is a vital tool for women and their loved ones dealing with the stress of cancer. For more information, call 863-419-8811 Register online to join this group. Heart of Florida Regional Medical Center, 40100 U.S. 27, 1st Floor Boardroom, Davenport. [www.heartofflorida.com](http://www.heartofflorida.com)

### **25 WHY DO MY HANDS GO NUMB? 6pm**

Join board-certified hand surgeon Dr. Nicholas Newsum as he discusses the most common causes and available treatments for numbness and weakness in the hands. Watson Clinic Highlands, 2nd Floor Lobby, 2300 E. County Rd. 540A in Lakeland. RSVP: 863-680-7109 or online at [WatsonClinic.com/Events](http://WatsonClinic.com/Events)

### **26 TOOLS TO QUIT 3-5pm**

Take the next step to a healthier lifestyle and join us for a special class designed to provide an overview of available options for smokers who want to quit. The class includes information on various types of nicotine replacements, product samples and much more. This class is taught by a certified tobacco education specialist and is sponsored by the Watson Clinic Foundation, a non-profit organization dedicated to promoting community wellness through education, research and service. Watson Clinic Cancer & Research Center, Boardroom, 1730 Lakeland Hills Blvd. in Lakeland. RSVP: 863-904-2656 or online at [WatsonClinic.com/Events](http://WatsonClinic.com/Events)

### **IMPROVE YOUR BALANCE WORKSHOP (Cost: \$85.00, Includes Printed Materials)**

Fear of falling and you can't get up? Feel like you're riding a big wave but you are trying to maneuver safely in a parking lot? Go too far right when you mean to go left? Maybe it's your BALANCE!! This workshop will begin with the basics of balance and coordination advancing over the 6 classes to full body training, stability drills and mindful movement all with a goal of better balance. Class size is limited for more intimate training. To pre-register call Kristie 863-651-9580. Pre-payment secures your spot. Check or CC (with \$5 upcharge to cover bank fee).

- Oct. 1, 3, 8, 10, 15, and 17 (Mondays and Wednesdays) 2-3:15pm  
Location: 301 3rd St. NW (Old Town Square) Suite 200 Winter Haven
- October 2, 4, 9, 11, 16, and 18 (Tuesdays and Thursdays) 11am-12:15pm  
Location: Laws of Fitness, 2836 Recker Hwy. Winter Haven

### **Mindful Breathing & Stretching (\$10.00/class)**

Mindfulness is the process of bringing one's attention to experiences occurring in the present moment. Mindfulness is not meditation but rather the ability, with practice to declutter your thoughts and enjoy your presence in the moment. We will focus on breathing to enhance relaxation and full body stretching to increase range of motion and manage muscle tightness. Call Kristie to pre-register, 863-651-9580

- The 2nd Thurs. of every month, Oct. 11th, Nov. 8th, and Dec. 13th at 6pm.  
Location: 301 3rd St. NW (Old Town Square) Suite 200 Winter Haven  
Equipment provided

Fun strength workout with weights, balls, bands, and heart pumping cardio moves. Tone your muscles, improve your stamina, finish with stretching. Standing or seated, your choice.

- Mondays and Thursdays at 9:30am (bring light weights)  
Location: Cypresswood Community Room, 1099 Clubhouse Road, Winter Haven
- Fridays at 9:00am (\$5.00/class)  
Silver Sneakers Location: Laws of Fitness 2836 Recker Hwy. Winter Haven
- Fridays at 10:30am (\$7.00/class)  
Location: 301 3rd St. NW (Old Town Square) Suite 201, Winter Haven

### **Exercise Express (\$7.00/class)**



# Feeling ACTIVE

## MONDAY

### LOW-IMPACT EXERCISE CLASS 9:30-10:15 am

This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

### STRENGTH & CARDIO 10:45-11:45 am

A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident.

## TUESDAY

### STRENGTH & CARDIO 10:30-11:30 am

A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident.

## WEDNESDAY

### LOW-IMPACT EXERCISE CLASS 9:30-10:15 am

This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

### CHAIR YOGA 10:30-11:30 am

Chair yoga is designed for seniors and focuses on flexibility, strengthening, stress reduction and relaxation. Enjoy the benefits of yoga sitting in a chair rather than getting up and down from the floor. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

### SHUFFLEBOARD CLUB 1 pm

The shuffleboard club holds weekly shuffleboard games. This club also participates in state and district tournaments, turkey shoots and special events. \$10 annually to join the club. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870

### TAI CHI 1:30 pm

Experience the gentle flowing movements of Tai Chi, and treat your whole body to a gentle and relaxing workout. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$4 Resident / \$5 Non-resident

## THURSDAY

### WELLNESS WITH ISABEL 10:30-11:30 am

A 60 minute low-impact total body workout that includes aerobic, strengthening, balance and flexibility modalities. It provides an intense workout that is easily modified for beginners. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident, registration required.

### BEGINNING LINE DANCE CLASS 1:30-3:30 pm

Learn line dances to country and pop songs. Participants often perform at local nursing homes and health expos. No partner required. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. \$4 Resident / \$5 Non-resident

## FRIDAY

### LOW-IMPACT EXERCISE CLASS 9:30-10:15 am

This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

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# SLOW ROLL & SKI SHOW

## SATURDAY 10/27

## - 6:00 PM -

THIS EVENT IS FREE

**COSTUMES ENCOURAGED  
PRIZES FOR BEST COSTUME**



# What is Slow Roll?

Get your ghastly bike and wear your favorite costume attire, for this night only comes once a year! It will be a dark and stormy evening, but we must persist and meet at The Bike Shop of Winter Haven at 5:30. The moon will rise and we will ride through the haunted village of Winter Haven to the hell fires of Lake Silver for the Cypress Gardens Ski Show! We will ride dreadfully slow taking in the utter spookiness of the town and fighting off possible zombie attacks. Our final resting spot will be the horrific Grove Roots Brewery for a night of debauchery and a food truck. God help us all. Prizes for costumes will be awarded!



[www.facebook.com/slowrollskishow/](http://www.facebook.com/slowrollskishow/)

# Laugh with Friends

- **Comfortable & Elegant Atmosphere**
- **Restaurant Style Dining**
- **Activities**
- **Transportation**
- **Housekeeping**
- **Emergency Response System**
- **24-hour Access To Trained & Friendly Staff**



Savannah Court has been a trusted choice for seniors and their families for over a decade. Our intimate assisted living communities focus on encouraging the independence of our residents with empathy and dignity. You have choices to customize the services needed to maintain and enhance the lifestyle of your loved one, increasing services as needs arise.

## **Lake Wales**

**863.679.8246**

12 E. Grove Avenue,  
Lake Wales, FL 33853

[www.SavannahCourtLakeWales.com](http://www.SavannahCourtLakeWales.com)  
Assisted Living Facility License #9383

## **Haines City**

**863.422.5204**

301 Peninsular Drive,  
Haines City, FL 33844

[www.SavannahCourtHainesCity.com](http://www.SavannahCourtHainesCity.com)  
Assisted Living Facility License #9382

## **Bartow**

**863.519.3398**

290 Idlewood Avenue,  
Bartow, FL 33830

[www.SavannahCourtBartow.com](http://www.SavannahCourtBartow.com)  
Assisted Living Facility License #9888

## **St. Cloud**

**407.892.8502**

3791 Old Canoe Creek Road,  
St. Cloud, FL 34769

[www.SavannahCourtStCloud.com](http://www.SavannahCourtStCloud.com)  
Assisted Living Facility License # 9917

## **Savannah Court of Lakeland**

**863.816.1155**

6550 N. Socrum Loop Road,  
Lakeland, FL 33809

[www.SavannahCourtLakeland.com](http://www.SavannahCourtLakeland.com)  
Assisted Living Facility License # 10024

## **Savannah Cottage of Lakeland**

A Memory Support Community

**863.815.9411**

605 Carpenter's Way,  
Lakeland, FL 33809

[www.SavannahCottageLakeland.com](http://www.SavannahCottageLakeland.com)  
Assisted Living Facility License # 9783

