February/March 2017

St. Augustine

Woman's Journal™

AN EDUCATIONAL RESOURCE TO THE WOMEN OF ST. JOHNS COUNTY SINCE 2009

32. Going Home An Opportunity

Our gift to you... Free.
Take one for yourself and one for a friend!

Objective • Informational • Educational

9. Discover the latest in varicose vein treatment

18. The Art of Touring in Style

4. TOE-FIFIC ADVICE for KIDS

5. Planning for Birth - Requires Thoughtful Consideration

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SUPPORT THE ARTS

I recently had the opportunity to attend and support one of the local high school theater productions. If you haven’t had the opportunity to attend an event recently, now is the time to support and/or mentor our budding artists. We are fortunate to have many venues to choose from and many events are “free”. Nurturing the “right side” of our brain by participating in an arts program is also a “health benefit” for longer living. Often times we find ourselves watching our diet and exercise. We also need to support the “brain”, and what better way than to support youth art programs.

February is Florida Hiking Trails Month. Our great state is home to more than 7,000 miles of hiking and shared use trails. There isn’t a better way to connect with family and friends than exploring our local trails.

Friends of A1A Scenic and Historic Coastal Byway are pleased to be celebrating their 15th year as a National Scenic Byway. If you have not had the opportunity to drive or bike our coastline, it is well worth your next “staycation”. Once again plans are underway for the Kid’s Ocean Day in May, the international Coastal Cleanup in September and the Super Scenic 71 Mile Garage Sale in November. If you are seeking more information about these events, or volunteering, please check out their website at www.scenica1a.org.

Speaking of health, over 70 vendors with produce, local honey, bread, muffins, nuts, coffee, arts, crafts, jewelry, soaps, lotions and much more will gather on Wednesday mornings from 8 AM until 12:30 PM at the St. Johns County Pier Park, 350 A1A Beach Blvd. Support our local farmers and craftsmen by “shopping local.”

For those of you who like the downtown atmosphere, don’t miss out on the First Friday Art Walk. Galleries are open from 5-9pm in the Historic Downtown, Uptown and West sections of St. Augustine. Sightseeing trains and trolleys offer free round-trips, or go on your own self-guided art walk. To find out more about First Friday Art Walk check out www.artgalleriesofstaugustine.com.

As always we invite you to enjoy the articles enclosed in these pages and to support our Contributors. We welcome your suggestions for new Contributors and recommendations for our Women In Profile feature.

We are especially looking to add Contributors in the Home Improvement area: Electrical, Plumbing, Heating and Air, Roofing, Painting, Landscaping and other building contractors.

Slainte!
Suzanne Egeln
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We have been treating your feet in St Augustine and Palatka for over 18 years. Make an appointment today with Richard Johnson, DPM or Jose Concha, DPM at (904)826-1900 in St Augustine or (386)328-1122 in Palatka. At Coastal Foot & Ankle Wellness Center, we are setting the highest standards for your foot and ankle care.

TOE-RIFIC ADVICE for KIDS

By Dr. Jose Concha, DPM
Coastal Foot & Ankle Wellness Center

Parents take their children to the dentist to have their teeth cleaned and vision and hearing screenings are done in school, but it is rare for children to have their feet examined. The developing foot has very special needs and we believe every child’s foot can benefit from a podiatrist’s screening. We advise all parents to read and consider the following details below:

Children’s Feet Should Not Hurt!
Pain is not normal. If they do complain of pain, then there is an underlying issue that should be addressed. Look out for signs; sitting on the floor in public places, complaining of pain; tip toe walking, tired aching feet, heel pain, flat footedness, in-toeing, stumbling, co-ordination issues, poor posture, lack of confidence in sport, unwillingness to perform sports, or a family history of foot pain or deformity. We may advise you to work with us alongside a physiotherapist if we detect any of the above.

Footwear and Foot Function are Vitally Important!
The right footwear can provide relief, comfort and stability. The wrong footwear can cause discomfort, injury and permanent damage. If a child is complaining of pain, we may often expect they will grow out of it. Unfortunately, most often is the case, the child will only compensate to deal with the pain, but the issue is never addressed. If we do not address the mechanical issues of foot pain in early life, problems can and may develop later on.

We Should Take a Very Special Interest in the Developing Foot.
It’s worth remembering the foundation for the youth will affect them later in life. The child’s foot goes through stages of maturity, from a soft adaptable structure at a young age, to a stronger structure as he or she matures.

A screening by a podiatrist may prevent further injury and lead to less stress in later life for both parent and child. This is especially true before sports practice begins again or before considering a new activity.

“The developing foot has very special needs and we believe every child’s foot can benefit from a podiatrist’s screening.”
Planning for Birth - Requires Thoughtful Consideration

As well as a weekend intensive childbirth education course for women who plan to have a hospital birth. There are also The Bradley Method and hypnobirthing education classes available in St. Augustine, Jacksonville and Palm Coast.

How and where one chooses to give birth as well is with whom they entrust their care are very personal decisions. It is an honor to be asked to attend someone’s labor and the invitation should be thought out. Part of creating a safe place to labor and deliver is feeling as though those surrounding the laboring woman understand her wishes and can speak for her if she is unable to do so herself. That emotional support and coaching takes effort and time and therefore should be discussed and even practiced with the “team” prior to the day of labor.

Whether you choose to give birth in or out of a hospital will play a part in what options you have for pain medication. The most common pain medications used during labor are narcotics and epidural anesthesia. There are pros and cons to using pain medications and these should be discussed with your healthcare provider. Just because a woman choses to give birth in a hospital does not mean she chooses to use pain medications during labor. Flagler Hospital supports women in their individual choices with regards to how they wish to labor and deliver is feeling as though they wish to labor and even has designated rooms on its labor floor set up for women who wish to have an un-medicated delivery. On the flip side, just because a woman choses to have a nurse-midwife attend and deliver her baby does not mean she has to have an un-medicated delivery.

We have all heard many stories about giving birth and many of us have shared our own with anyone who will listen. The birth experience is different for everyone and no one can know ahead of time how painful or difficult labor will be. Educating oneself and knowing one’s desires is important. Having trust in yourself, your support and your provider will help you to be flexible when decisions you may not have anticipated need to be made.

Amy Loughlin, ARNP, CNM

My name is Amy Loughlin and I have been practicing midwifery with OB-Gyn Associates since 2007. Midwifery has been my calling since the birth of my son. As a young mother I felt that the midwife who delivered my son not only brought him into the world but helped to transition me into parenthood. Heck, if I could give birth to a baby I could surely be a mom!

I became a certified nurse midwife in 2002 after graduating from the University of Maryland at Baltimore. My first job as a midwife was in rural South Carolina working at a federally funded community health center. It was here that I learned about “being with women” which is what midwifery is all about. I also became a National Health Service Corp Recipient, a program that encourages providers to work in underserved communities.

After five years in South Carolina my husband and son, both avid surfers, asked if we could move to the coast. Our search for a small beach town brought us to St. Augustine and we couldn’t be happier!

Working for OB-Gyn Associates is wonderful. We serve a varied population of families thorough different stages of life. I truly enjoy being the person to help women transition into parenthood just like I did 19 years ago. I also enjoy educating women who want to space out their families. Empowering women to care for themselves is more rewarding than I ever imagined.
Healthgrades last week presented its 2017 Distinguished Hospital Award for Clinical Excellence to 258 hospitals out of 4,500 nationwide, recognizing facilities for performing in the top 5 percent based on clinical outcomes for dozens of common procedures and conditions. Flagler Hospital was one of only four hospitals in Florida to receive the award. The hospital was also named a Top 100 hospital for General Surgery, Joint Replacements and Orthopedic Surgery.

“Delivering safe, high quality care is our top priority at Flagler Hospital,” stated President and CEO Joe Gordy. “This recognition by Healthgrades reflects our commitment and ongoing investments in training, technology and evidence-based practice to achieve the best possible outcomes for every patient. Our board, our physician partners and our staff truly care for our patients, our hospital and our community and this has been affirmed by our Healthgrades performance year-after-year.”

The 2017 recipients of the Distinguished Hospital Award for Clinical Excellence stand out among the rest for overall clinical excellence across a broad spectrum of care. During the study period (2013-2015), these hospitals showed superior performance in clinical outcomes for patients in the Medicare population across at least 21 of 32 of the most common inpatient conditions and procedures—as measured by objective clinical outcomes performance data (risk-adjusted mortality and in-hospital complications). Patients treated at a hospital that achieved the Distinguished Hospital for Clinical Excellence Award had, on average, a 25% lower risk of dying from a stroke than if treated at a hospital that did not achieve this distinction.

“We commend hospitals that have achieved Healthgrades 2017 Distinguished Hospital Award for Clinical Excellence for demonstrating an unwavering commitment to high quality care for their patients,” said Brad Bowman, M.D., Chief Medical Officer, Healthgrades.

To learn more about how Healthgrades determines Distinguished Hospital Award for Clinical Excellence™ recipients, please visit www.healthgrades.com/quality.
Becker’s Hospital Review has named St. Augustine’s own Flagler Hospital among the Top 100 hospitals in the country with great women’s health programs. According to Becker’s, the hospitals on the list offer award-winning care to women in a variety of specialties, including gynecology, obstetrics, women-focused heart care and women-focused cancer care.

To develop this list, Becker’s editorial team selected hospitals based on national rankings and awards, including U.S. News & World Report national and regional rankings for gynecology, CareChex rankings for women’s healthcare, women’s health Healthgrades awards, Women’s Choice Award’s Best Breast Centers list and Baby-Friendly designation.

Becker's reported the following about Flagler Hospital's inclusion on the list: “The Breast Health program at Flagler Hospital earned National Accreditation for Breast Centers recognition from the American College of Surgeons for its patient-centered and comprehensive breast care. The 335-bed hospital also received Women’s Choice Award designation as one of the best breast centers in America for 2016. In addition, Healthgrades awarded the hospital its Labor and Delivery Excellence Award and Obstetrics and Gynecology Excellence Award in 2016.”

“We are honored to be recognized by Becker’s for our performance related to women’s health specifically. In collaboration with our physician partners, we have put a great deal of resources into our breast health program, including a dedicated breast cancer navigator, adoption of interprofessional breast cancer conferences, and the latest in 3D mammogram technology,” commented Flagler Hospital President and CEO Joe Gordy. “Our maternity program is also a source of pride for us, as we offer everything from evidence-based low-intervention birthing techniques to state-of-the-art neonatal intensive care, all in a family-centered environment. We had the privilege to deliver nearly 1,600 babies at Flagler Hospital last year.”

“Quality and safety are our top priority at Flagler. We place the same emphasis on achieving the best outcomes for patients in every service line and specialty at the hospital, “added Executive Vice President and Chief Administrative Officer, Jason Barrett. “These efforts are reflected in our earning five-star ratings from Healthgrades for clinical outcomes in 25 categories for 2016”.

About Flagler Hospital
Flagler Hospital is a 335 bed, acute care hospital that has consistently ranked among the top hospitals in the nation by leading ratings agencies. The hospital has operated as a not-for-profit healthcare institution in St. Augustine, Florida since its founding in 1889. Today, Flagler Hospital is part of Coastal Community Health, a regional affiliation between Baptist Health, Flagler Hospital and Southeast Georgia Health System - a highly integrated hospital network focused on enhancing the quality and value of care provided to our contiguous communities. Flagler Hospital’s commitment to quality has resulted in numerous national accreditations including, designation as a Primary Stroke Care Center, ANCC Magnet Status for Nursing Excellence, national accreditation for its total hip and total knee replacement programs and accreditation of its Cancer Institute by the Commission on Cancer. To learn more about all of the hospital’s services log on to www.FlaglerHospital.org.
Diabetes, Take Back Control

Diabetes mellitus is a disease that prevents your body from properly using the food you eat to do the jobs it intended. The most common form is called type 2 diabetes. Type 2 diabetes commonly affects seniors over the age of 60, people who are overweight, and those who have high levels of fat in the blood. Early detection and early treatment can decrease the risk of developing complications of diabetes. It is important for people who have been diagnosed with diabetes to educate and familiarize themselves with the latest medical approaches and healthy lifestyle choices. In some instances, blood glucose can be controlled with exercise and healthy eating. But, your doctor may also need to prescribe insulin or oral medication to meet your target levels.

“It’s never too late to improve health. Many can avoid the condition with a few simple lifestyle modifications. There are others who need more medical counseling and coaching, than they get from a routine office visit. This epidemic is important enough for us to come out of the office, creatively generate awareness, and provide healthy options that will enhance seniors quality of life,” stated Roy Hinman II, MD, Chief Medical Officer for Island Doctors.

Island Doctors began a Diabetes Awareness Campaign in 2013 for North East Florida. (Includes Jacksonville, St. Augustine, Palatka, Palm Coast & Daytona Beach Florida). The Island Doctors team has put together complimentary health screenings, offers educational information and a physician lecture series on prevention & treatment.

• Focused meal plans, which incorporate our Triangle Diet and other nutritional programs and strategies
• Complimentary gym membership* and exercise programs tailored for our members

About the author.... Dr. Kye Chong has been helping to improve lives in St. Augustine since 2010. She is board certified in Family Medicine, a member of St. Johns County Medical Society, and on staff at Flagler Hospital.

If you would like more information about this topic, or have an event in your community that Island Doctors can partner with, please call Dirk Hinman at (904) 315-9222 or email Dirk at Dirk@islanddoctors.com

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Discover the latest in varicose vein treatment
-A Solution to Leg Pain

Have you taken a look at your legs lately?
If you don’t like what you see then, at the Centre for Advanced Vein Care, Dr. Ryan Pereira and Dr. David Ross are who can relieve your painful symptoms and improve the appearance of your legs to restore them to a more youthful look!

What is Radiofrequency Endovenous ablation?
There are several options in the treatment of varicose veins. They involve Endovenous ablation, vein stripping and ligation, phlebectomy and sclerotherapy. For the purposes of this article I will focus on endovenous ablation treatment. Varicose vein treatment with endovenous ablation, is the latest minimally invasive treatment that uses radiofrequency energy to cauterize (burn) and close abnormally enlarged veins in the legs, a condition called venous insufficiency. Normally, blood circulates from the heart to the legs via arteries and back to the heart through veins. Veins contain one-way valves, which allow blood to return from the legs against gravity. If the valves leak, blood pools in leg veins, which can become enlarged or varicose. Endovenous ablation is an ultrasound guided procedure that uses heat generated by radiofrequency energy to close off these faulty vessels, diverting blood flow immediately to nearby healthy veins.

What are some common uses of the procedure?
Although this procedure may be used for cosmetic purposes, it is more commonly used to help alleviate symptoms associated with venous insufficiency. Leg pain, fatigue, tiredness, heaviness, aching, burning, itching, and restless legs are common symptoms of venous insufficiency. These symptoms often worsen with long periods of standing and can lead to leg swelling, throbbing and leg cramps. Conservative treatments include high support stockings, anti-inflammatory medications, and leg elevation. Venous disease is not as yet curable; however, with appropriate treatment, the progressive nature of vein disease can be slowed and controlled.

How is the procedure performed?
Dr. Pereira and Dr. Ross will numb the area where the catheter will enter into the abnormal vein with an anesthetic solution, and use the ultrasound probe to study the vein and track its path. The leg being treated is then cleaned, sterilized and covered with a surgical drape. A very small nick is made in the skin at the site. Using ultrasound guidance, the catheter is inserted through the skin into the vein and positioned within the abnormal vein. The radiofrequency electrode is inserted through the catheter and placed into the ‘safe zone’. The local anesthetic solution is injected around the abnormal vein with ultrasound guidance. Radiofrequency energy is applied as the catheter is withdrawn 7 cm every 20 seconds. The skin is then covered with a bandage. No sutures are needed. This procedure is usually completed within 45 minutes.

Following the procedure, you will need to wear a gradient compression stocking to help reduce bruising, tenderness, and minimize the very rare possibility that blood clots may form. You may resume your normal activity immediately, with the exception of air travel or prolonged sitting (such as a long car trip). The physicians will perform a follow up ultrasound examination in order to assess the treated vein. Within Additional procedures (such as sclerotherapy or ambulatory phlebectomy) may be necessary to treat the smaller associated vein and are finishing touches to make your legs beautiful and youthful once again!

What are the benefits of this procedure?
Benefits are . . .
• No surgical incision is needed—only a small nick in the skin that does not have to be stitched closed.
• When compared with traditional vein stripping techniques, endovenous ablation is more effective, has fewer complications, and is associated with much less pain during recovery.

And finally Your legs will look great!

By: Ryan Pereira, DPM FACFAS

Dr. David S. Ross has been in practice since 1977 and has been treating venous disease since 2008. He is Board Certified in both Emergency Medicine and Family Practice and is a Fellow of the American College of Emergency Physicians. He graduated with a Doctorate in Medicine from the University of Florida.
Jeffrey Smith (fictitious name), age 82, recently was discharged from the hospital with cellulitis of the right lower leg, diabetes, and hypertension. At discharge, the physician refers Mr. Smith to BayView Home Health. He is ordered to receive skilled nursing, physical therapy and occupation therapy. Lucky for Mr. Smith BayView has all of these services under one convenient umbrella. BayView Home Health care is directed not just to the patient but also to family members—in this case, Mr. Smith’s wife, who will be his caregiver. The BayView home health care nurse will teach them both about his medications and care regimen and instruct them to watch for signs and symptoms related to cellulitis, such as fever, warmth, and redness of the leg. In conjunction, BayView Therapy will also assist him in the home to return him to his prior level of function.

What is BayView Home Health care?
Many definitions of home care exist, and home care can “look like” many different things. BayView Home Healthcare exists to facilitate patients in the continued healing in their home setting. Skilled nursing, physical therapy, occupational therapy, and speech therapy are all offered by a BayView Home Health.

However, as government reimbursement decreases and pay-for-performance and other outcome- and quality-driven initiatives take effect, the definition of home care must incorporate prevention and community education. To that end, the US Public Health Service defines home care as services “provided to individuals and families in their places of residence for the purpose of promoting, maintaining, or restoring health or for maximizing the level of independence while minimizing the effects of disability and illness, including terminal illness.”

Home care refers to any health care given in the patient’s home. Such care may be provided by Medicare-certified or Medicaid-certified home health agencies, visiting nurse associations, hospice nurses who make home visits, community health nurses who provide well-child care to at-risk mothers, and many other types of home care. Also, some organizations provide what generally termed non-medical home care is provided by aides or companions to help frail elders remain safely in their homes.

Role of Medicare
The largest payer of home care services is Medicare. This is a federal health insurance program for people ages 65 and older, as well as for certain younger people with disabilities and those with end-stage renal disease. Just as there are hospital covered days or services, Medicare has strict rules and coverage criteria for home care services. The rules are complex and undergo constant change. The Affordable Care Act proposed a budget in 2015 that includes provisions for home health copayments and additional cuts to Medicare for home care. If enacted, these changes (along with previous significant cuts and changes) could have devastating effects on patients and their families.

Assuming the patient is homebound, meets eligibility criteria, and needs skilled care, Medicare will cover nursing services; physical, occupational, or speech therapy; home health aides; and medical social workers. Each of these services has a defined scope and specific types of care that the professional may provide.
BayView Home health care team members

The home health care team may consist of:

- Medical Director
- Registered nurses
- Licensed Practical nurse
- Occupational therapist
- Certified Occupational Therapy Assistant
- Physical therapist
- Physical Therapy Assistant
- Speech therapist
- Speech-language pathologist

In some cases, certain home care services must be provided under the supervision of a licensed provider.

First home care visit

The initial evaluation and assessment/admission visit is comprehensive. They obtain an in-depth history and perform an assessment using the OASIS-C tool. OASIS is an acronym for Outcome and Assessment Information Set, which must be used for all assessments of Medicare and Medicaid patients.

Next, the clinician reviews various forms with the patient and asks the patient to sign them. They typically include consent forms, patients’ rights and responsibilities form, Health Insurance Portability and Accountability Act form, insurance and related release forms, and an advance directive. The clinician tells the patient and family members how to contact the Home Health aide and the necessary clinicians, as well as how to access a 24-hour on-call nurse.

Being all things to the patient

Imagine knocking on a stranger’s door and introducing yourself to a patient you've never met in a setting that's personal and private. You are a stranger—a guest in the patient’s home. The home setting imparts a certain intimacy that makes the visit seem very personal: All parties must establish a comfort level with one another. As the visitor, you must acknowledge that you're in the patient's and family's space and convey respect for that space.

What's more, you will become all things to the patient, playing multiple roles beyond the clinician. In effect, you’ll serve as the admitting clinical decision maker, the person who knows and operationalizes the rules regarding home care, the provider of hands-on care, and the instructor who teaches the patient and family and the advocate for that patient—all while working to meet the plan-of-care goals, coordinating other services the patient needs, and collaborating with the physician.

On the initial BayView Home Health Care visit, the clinician measures Mr. Smith’s blood pressure, examines and assesses his cellulitis and the surrounding skin, and follows the physician’s orders for the dressing, care, and management of the leg and cellulitis. She teaches the family what warning signs to watch for and explains Mr. Smith’s pain management regimen, hypertension medications, and new antibiotics for his cellulitis. Mr. Smith tells the nurse that although previously he was very active, he now spends most days in a wheelchair because of the leg swelling and pain. The clinician develops a plan of care (with input from the physician and patient) that involves a physical therapy assessment as well as an occupational therapy assessment to return him to his prior level of function. She also counsels Mrs. Smith on a low-sodium diet and provides teaching sheets about diet and medications, warning signs and symptoms, and what to do if these occur. Her next visit is scheduled.

Examples of patients who may need home care

- An older adult new to diabetes or insulin treatment
- A patient discharged with a urinary catheter for long-term use who will be homebound
- A patient with a wound who needs further assessment, care, and management
- A patient who may have a decline in function or recent falls and weakness
- A patient who needs skilled care and education or training after discharge
- A patient with a complex chronic illness who needs ongoing management, such as medication management and assessment for changes in the plan of care

BayView’s role in home care

No matter what the setting or patient specialty area, we can help patients function safely at home. In fact, in many cases, the home is the optimal care setting because:

- BayView conducts comprehensive assessments within 24 hours of post-acute discharge
- Patients are taught to be safe in their own home while working towards their prior level of function
- There is a nurse available to our patients by phone 24 hours a day
- BayView offers skilled nursing services, skilled aide services, physical therapy, occupational therapy and speech therapy
- Our home health works closely with our skilled nursing facility, outpatient facility and Assisted Living Facilities to ensure our patients always meet their needs.

As the population ages, home care is expected to grow and home clinician opportunities are likely to expand. All of our clinicians, nursing and therapy, play a key role in helping patients get back to where they want to be. So think of BayView Home Health care the next time you have a patient who’s ready to return to the home—the healthcare setting of the future.

BayView’s Layer of Trust

There is always a layer of trust when it comes to home health visits and care leadership. BayView has exemplified as the leader in ethics and honest accountability. For example, a particular resident was having trouble leaving her pet chihuahua for BayView Assisted Living at Buckingham Smith facility. The BayView Home Health team rallied together and gained the trust behind the resident to make sure her pet had a new forever home. Today, the pet chihuahua is still a member of our BayView family and lives with the director of nursing for home health, Tiffaney Harman.
Imagine for a moment that you are bending over planting flowers by your mailbox. It is a crisp, and warm spring day, and you feel relaxed and satisfied to be making your home more beautiful. You see your spouse out of the corner of your eye, get in the car, and back out of the driveway, obviously unaware of your presence, because you suddenly feel the dense impact of the car, knocking you over, forcing you to gaze upward in shock. You glance down the road to see your spouse pick up the cell phone, but you already know that this is not a call for help, so you begin to take care of yourself.

Approximately 60-70% of marriages are either ended or seriously challenged due to an affair, many of which last more than two years. With the foundation of adultery being deception and the consideration of the individual's needs over the needs of the marriage, it is not surprising that once the confrontation is made, it becomes more difficult to carry on. Once brought to the light, the choices of how to manage this crisis determine the outcome. If the unfaithful spouse shows a high degree of remorse and is willing to completely discontinue contact, the marriage has a chance to heal. But so often people are caught in the strong chemical reactions that the brain creates when there is something new or dangerous or forbidden. Many people mistake these feeling for love and think they have found their soul mate, when in reality it is more of an addiction, similar to that of cocaine.

At the LifeSource Group, we have a model of therapy that has been quite effective in helping couples recover from an affair. In our Dynamic Couples Counseling, where Kathleen Abbott and John Jones are both present with the couple, we are finding that more people are determined to save their marriage. If there is willingness to look at the root cause of the disconnect which allowed space for another person, a desire to forgive and create trust again, the couple can move towards a stronger position. This takes both courage and humility as well as a lot of support.

We use the metaphor of the spouse being hit by the car because healing may take a long time and the commitment to walk each other through the healing is easier to comprehend if the wound were physical. For many, the pain of betrayal feels like the ultimate physical, emotional and spiritual pain. We see conflict as an opportunity for growth, with the goal being to not just get the couple back to where they were before, but to help them create a new relationship that is far more intimate and trusting, with a bond so strong, there is no room for another. “For two are better than one, for they can keep each other warm and when one falls down, the other can help them up.” The bottom lines is whether you are willing to accept your God-given power to confront conflict and fear with love, no matter the degree of pain. That is a choice wholly your own to make. We feel humbled and blessed to help show you how to make that choice.

Kathleen Abbott, Licensed Mental Health Counselor & Clinical Director

“Kate” has a Masters Degree in Clinical Social Work from Florida State University and is a Licensed Mental Health Counselor. She has over 25 years of experience as a therapist and as a business leader. She coaches managers on best practices, is a regular speaker on creative and practical life strategies and believes “transformation begins with a renewing of the mind.” Her clinical expertise is broad with specialties in eating disorders, PTSD, women, couples, teens and faith-based counseling. She is also highly experienced in providing counseling and crisis intervention training to various organizations in our community. A former licensed foster care parent and mother of two daughters, she is able to equip others in managing life’s many changes and challenges.

John R. “Jack” Jones, Jr, Licensed Mental Health Counselor & Certified Family Law Mediator

“Jack” has an MBA from Columbia University, a Masters Degree in Counseling Psychology from the University of North Florida, is a Licensed Mental Health Counselor, a Clinical Hypnotherapist and a Certified Family Law Mediator. A former CPA with over 20 years of international business experience, he now specializes in working with teenage and adult substance abuse, family and couple discord, parental alienation syndrome, trauma, anxiety, depression, and schizophrenia. Practicing what he calls Cognitive Soul Therapy, dramatic results are sought using both science and spirituality. He is also familiar with the courtroom through his experiences as a Family Law Mediator, Guardian Ad Litem volunteer, licensed foster care parent, and adoptive father.

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John “Jack” Jones, LMHC  
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Kian F. Jacobs, LCSW  
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ST. AUGUSTINE’S BEST COUNSELORS 2011-2014
Have You Decided On Breast Reconstructive Surgery?

By: Susan Detar, CFm
Owner, The Pink Door

If the answer is yes, then please read on to discover some products which will bridge the gaps from mastectomy surgery through tissue expansion and final implant placement.

During the expansion process you will experience size fluctuation and varying degrees of discomfort that can affect your confidence and self-esteem. Amoena’s PurFit adjustable enhancer is designed to maintain your silhouette by adapting to your changing shape. It feels and looks like a natural breast. You will feel feminine and normal while you go through the process.

Purfit is a system that is made up of a pocket to hold fiberfill that can be adjusted to achieve a smooth and balanced look under clothing. For ultimate comfort, a foam layer and a soft silicone shell help to protect sensitive breast tissue and provide shape. Often the silicone shell is needed after completion of the reconstruction to fill the apex of a bra bust cup.

Sometimes after surgery drains are necessary and the Hannah post-surgical garment manages them for you. Often after the process is completed the doctor recommends a compressive garment to keep things in place. The Patricia compression vest with the addition of a compression belt keep implants in place and help prevent them from moving upward. When you are fully healed and ready for your new normal there are many beautiful garments such as the Lara t-shirt bra which are made to take into consideration the changes to your body.

These items are all covered by insurances even if the final outcome is a reconstructed breast.

Once you make the decision to reconstruct you know you have options to make the journey less stressful.
Attention!

In order to better educate and inform our readers, the publisher of the Woman’s Journal is seeking new contributors for “exclusive” representation in the following industries and medical specialties:

SERVICES/RETAIL
Pest Control, Heating & Air Conditioning, Plumbing, Electrical Contracting, Roofing, Landscaping, Painting, Interior Decorating, Floor Coverings, Pools & Spas, Water Conditioning, Appliance Sales

PROFESSIONAL SERVICES
Family Law, Realty

MEDICAL
Plastic Surgery, Eye Surgery, Dermatology, Hearing Clinic, Oncology, Orthodontics, Periodontics, Veterinary Medicine, Nephrology, Dialysis, Neurology, Urology, ENT

If you are interested in becoming a contributor to the St. Augustine Woman’s Journal, or know of someone who should become a contributor, please call our business manager, Anthony Egeln, 652-6453, bizmgr@flwomenjournal.com

* Exclusive: only one contributor from each industry or medical specialty is permitted in the Woman’s Journal. Eliminate your competition and confirm your place as a leader in your field.
Dear Friends:

While many more mature adults are enjoying staying in their homes longer, some find they still need some extra “care”. That’s where I come in. I am offering a wide variety of “in home non medical” services. They include but are not limited to:

- Grocery Shopping (send me with a list or come with)
- Companionship
- Meal Planning (special diets invited)
- Homemade meal delivery (up to 4 meals a week)
- Budget and/or bill paying (snail mail or online thru your bank)
- Decluttering
- House Cleaning (special rates apply)

Please call me to get my competitive rates! Minimum of 1 hour!

In other words… Make me your personal valet. Use me occasionally or put me on your regular schedule!

I hope you will find some value in this opportunity and give me a call and let’s see how Simply Susie can help.

Hi friends, My husband Michael and I have been in St Augustine since 1980. We enjoy being active in our community and were lucky to raise 2 great daughters here. We are now proud grandparents of 9 awesome grandchildren! I am finally at the right place to where I can combine 2 of my long time passions: Cooking and providing services to others. The idea of “in home non medical” services is extremely appealing to me in that there is nothing in those words we can’t do for you. This allows you to get personal, reliable and quality care and attention without having to rely on several “agencies” to provide them for you. I have spent many years private catering and also residential cleaning as a 2nd income. Now it’s time to make Simply Susie and you, my client, my main focus. So, give me a call at 904-392-0423 and let’s get together and come up with a plan for you.

Best regards, Susie Sullivan

Simply Susie
In Home Non Medical Services

Susie Sullivan
House Cleaning

904-392-0423
SimplySusie@att.net
SSully11@bellsouth.net

February Weekly Menu

Feb 6
Chicken Fricassee over Egg Noodles/Garden Salad/Roll
Stuffed Pork Chop/Sweet Corn

Healthy Choice
Pan Braised Swai in Wine w/ Herbed Red Potatoes Sauteed Squash and Zucchini
Turkey Meatballs over Whole Grain Pasta and Veggies in Marinara Sauce/Wheat Roll

Feb 13
Saucy Beef n Broccoli over Rice/Garden Salad/Roll
Southwest Taco Skillet/Chips and Salsa

Healthy Choice
Turkey Burger on a Roll/Pasta Salad
Baked Swai over Seasoned Rice/St Asparagus

Feb 20
Beef Stew w/ Potatoes and Carrots over Rice/Garden Salad/Brown Bread
Potato and Ham Soup/3 Cheese Panini

Healthy Choice
Chicken Cacciatore over Brown Rice/St Broccoli
Stuffed Scallops/Pineapple Slaw/Corn Muffin

Feb 27
Traditional Meatloaf/Mashed Potatoes/St Broccoli
Stuffed Scallops/Pineapple Slaw/Corn Muffin

Healthy Choice
Salsa Chicken over Yellow Rice/St Spinach
Baked Swai/Sweet Potatoes/St Asparagus
What Does a Cemetery Offer?
Mausoleums, Columbariums and More.

Presented by CJ Kidd
Office Manager
Craig Funeral Home

What are types of cemeteries and how are they different?
There are traditional cemeteries and memorial parks and sometimes they are combined.
In any case they can be operated as a business or a non-profit, for example, church owned or private family owned property. Some are mutually owned by towns, counties, religious and fraternal groups. In a traditional cemetery the monuments are a variety of sizes and shapes to include private mausoleums. In a memorial park the memorials are granite and bronze and are flat. Some traditional cemeteries have sections that are newer and contain the bronze and stone memorial set even with the lawn. Both traditional cemeteries and memorial parks have chapel community mausoleums, crematories, and columbariums.

What is a Mausoleum and a Columbarium?
A mausoleum may be small and privately owned by an individual, couple or a family. They are comprised of crypts, a space large enough to hold casketed remains and are above the ground resembling a cube or small chapel. Community mausoleums are individual or double crypts bought by individual or families housed in a large building all above ground. Columbariums (niches) are above ground spaces for cremated remains in urns. A special note, there are in ground burial of cremains in traditional graves or special locations called cremorial gardens. Also the “green” option would be scattering gardens where the cremated remains are scattered in gardens with no receptacle.

Is there any other cost involved besides the grave, crypt or niche?
Yes. There is a charge for opening and closing the grave, crypt or niche, markers for the grave or lettering for the doors on the mausoleum or columbarium. Vaults sometimes are sold by cemetery pre-need or at-need.

What is the purpose of the vault?
Vaults are placed in the ground preceding the casket to prevent crushing of the casket by the earthen load and are sealed to inhibit the entrance of water into the vault and casket.

What is the purpose of the park?
Craig Memorial Park is the only local cemetery that offers traditional ground burial but also offers families the option of both public mausoleums and cremation niches. An expansion and beautification project is underway to serve the future needs of our county. Dedicated to a tradition of caring for everyone as if they were our own family, we will be stand ready to be of service to all who need our services any hour of any day.”
What do I do with all the stuff I no longer need and my kids and grandkids do not want? This is a question that a Senior Move Manager hears frequently. Whether you are downsizing, helping a parent move, or handling an estate, getting rid of excess furniture and household contents can be a significant challenge. Beyond the economic significance of what furniture and household contents will sell for in today's marketplace, there's the emotional struggle that comes with letting go of decades worth of memory laden stuff. It is important to remember that household contents are not just things. They often hold memories and are part of the fabric of one's life.

Unloading household contents is proving harder than most people anticipate. Indeed, it's hard to know where to start. A Senior Move Manager can provide the resources to assist older adults and their family with dispersal of household contents. An experienced Senior Move Manager will recommend several strategies to assist with unloading excess household contents for older adults who are contemplating a later life move. Two strategies will be described in this article: family gifts and estate sales.

When downsizing and contemplating a later life move, the optimal time to gift to family is now. A discussion with all family members is important to learn what each would be delighted to receive from your home. Family members may provide an unexpected surprise with the items that they actually do want. It may be a disappointment to discover that grandchildren do not want the china, crystal or silverware that you had planned to pass along as a piece of family history. Children may have their own china pattern and this generation of grandchildren simply do not want to polish the family silver or hand wash crystal wine glasses. Many simply want things that are easy to maintain.

Conversely, it may be a delightful surprise to learn that a granddaughter wants the piles of family photos stashed in the closet or simply covets the cookie jar that sits on the kitchen countertop because it is a memory of visits to grandma's house. Gifting to family members, sooner rather than later, allows you to experience the pleasure that a family member receives from your thoughtful generosity.

A Senior Move Manager may recommend an estate sale for excess furniture and household contents. For many older adults, an estate sale is an optimal solution because they can simply focus on what is most important to them to move to a downsized home and leave the rest for an estate sale company to sell. An estate sale company sells the contents of a home onsite when the homeowner is no longer in residence. Most estate sale companies require ten days or longer to set up a house for an estate sale. Services typically include inventory and pricing of household items, advertising a sale, setting the home up for traffic flow of buyers, and selling all household contents.

An estate sale company will sell almost anything ----lawn and garden equipment, tools, pantry items, even half-used bottles of cleaning supplies. There is a buyer out there for almost everything! Keep in mind an estate sale company only earns revenue when they sell so they are motivated to sell it all. Most estate sale companies in northeast Florida charge 30-35% fee to sell the remaining contents of a home and leave it broom clean for a new homeowner. An estate sale is appropriate for older adults who are downsizing and have a minimum of $5,000 of furniture and household contents to sell. The sale of furniture and household items is based simply on what it will sell for in today's marketplace. Be ready to let go of preconceived ideas of value. With advance planning and the expert resources of a Senior Move Manager, downsizing the family home and dispersal of household contents can be achieved.

Leslie Vlachos, President
Design 55 Inc.

WHAT OUR CLIENTS SAY:

“Your staff elevates customer service to a new level of excellence! Truly wonderful people who were well-versed in their jobs and helpful in suggestions. Design 55 turned a traumatic experience into something that was well orchestrated and efficient. It’s actually hard to imagine a service like Design 55. I have never experienced the efficiency, energy, thoroughness, helpfulness, and cheerful assistance in any endeavor. Thank you!”
- P. Postel

“Efficient, helpful, polite, knowledgeable, patient, courteous, friendly—everyone in transition should use you!”
A. Hutton

“Your services were one of the reasons we selected the retirement community that we did. We could not have imagined doing all this on our own.”
L. Dickinson
The Art of Touring in Style

Discover exciting new places and immerse yourself in unique experiences! Embark on a North American adventure with Insight Vacations' award-winning guided vacations. AAA Travel and Insight Vacations, the experts when it comes to touring, embody ‘The Art of Touring in Style’, with perfectly planned itineraries. Experience destinations throughout the U.S. and Canada with a Tour Director that knows your destination, its culture and history inside out – and creates experiences you’ll cherish forever.

UNITED STATES

Don’t miss out on some of our country’s most breathtaking landscapes and tours of national parks on unique adventures that will have you gazing in awe at the many magnificent features and stunning views. Nature is on full display, from the stunning cliff-and-canyon landscape of Zion National Park to Yellowstone's unique geothermal activity, spectacular landscapes and abundant wildlife or the unforgettable dramatic rock walls of the Grand Canyon that will truly take your breath away. From Route 66 to the Black Hills Mountain range, you could spend years travelling through the United States and still not see it all. And with nearly 60 national parks, there is a staggering array of unique places to visit and always something new to experience, including many hidden gems across the U.S. When to go: In the west of the country, temperatures are good all year; May-October for the best Eastern climates.

CANADA

Canada is the world’s second-largest country, stretching across six time zones from Newfoundland to the Pacific seaboard. Victoria, on Vancouver Island is a city of gardens, impressive buildings and closely in touch with its colonial heritage. A short hop across the Strait of Georgia brings you vibrant Vancouver, nestled on its magnificent harbor, blessed with great vistas, museums and galleries plus fine dining, and a coffee shop at every corner. Heading into the pristine wilderness of the mountains you’ll encounter glaciers, thick forests, majestic peaks and cobalt blue lakes, home to abundant wildlife like bears, beaver and moose. Then the sharp rises of the Rockies, give way to the endless flat plains, affording uninterrupted skies and stony riverbeds that glint crystal clear in the sunshine. Leverage the insider-knowledge and expertise of your Tour Director to fully take advantage of the natural beauty and unique experiences throughout Canada. When to go: May-September for the warmest climates available which allow this region to show its outstanding features.

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Kelly Maguire Monroe,
AAA Travel Professional

February/March 2017
He came into my office on a hot July day. The receptionist noticed that he was sweating and gave him a cool drink of water. As he filled out his information sheet he quipped, “You know I’m 85 today!” She said, “Congratulations, do you have any special plans?” “Nope” and he didn’t elaborate.

When we went into the conference room and he reminded me that my ad said that there was no charge for the initial consultation and I said, “That’s right, no charge, so how can I help you?” I assumed he was there for estate planning purposes. The man said, “My wife has been in a nursing home for over three years and I’m down to $30,000.00 and I’m getting scared. “She has dementia but she’s otherwise pretty healthy. She might outlive me!” But he didn’t chuckle. I could tell he was really tired as he slumped in his seat. “I’ve got a realtor picked out so I can get my house sold to get some more money, so I need some advice about all this.”

I thought to myself, this man should have come to see me about ninety thousand dollars earlier. But he didn’t have the information, the basic, simple information about Nursing Homes, Medicaid and how to apply for his wife’s coverage. They had no family in Florida and he got caught up in being a good care provider for his beloved wife of fifty plus years who now, heartbreakingly, doesn’t even know his name! So he sees her every day and pays the nursing home on the first of each month.

I gently told him that his wife was already eligible for Medicaid, (the government program that pays for skilled nursing home care) and that he would not have to pay anymore. He also didn’t have to sell his home because that is an exempt asset that no one can touch according to Florida law. He broke down in tears.

So right then and there we pulled out the Medicaid application and before he left we filed it. As he headed out the door he said, “How come I didn’t know about all this, how come nobody told me before I spent our life savings on the Nursing Home? Why didn’t the Nursing Home tell me!”

Well, it’s not the Nursing Home’s job to give out legal advice although many are becoming more helpful by at least referring people to attorneys. The Nursing Home’s job is to look after our loved ones and if you are financially able to collect your payment for their services. The gentleman in our story had started with over half a million dollars but at close to $10,000.00 a month it didn’t take long to eat it up.

To be eligible for Medicaid to pay the nursing home, the community spouse, (the one not in the nursing home), can have $119,229.00 in cash sitting in the bank or on the kitchen table at home and the other will still be eligible. It is not our systems desire to impoverish the remaining spouse in order to qualify for Medicaid support for Nursing Home care. In Florida it is not our state’s intent for you to sell your home, either. Why? Because everyone should have the reasonable expectation that they can “get well” and go back home! If we make folks sell their homes then where are they going to go? Live on the street? Nossiree! But you’ve got to get some help. Get the help early on by setting up your trust, (your Revocable, Inter vivos, living trust) and all your advanced directives, (Durable Power of Attorney, Health Care Surrogate, Living Will, Pre-Need Guardianship Election), and then you can go live, live, live! But when something bad happens, (accident, illness, etc), run, run, run to your nearest Elder Law attorney and have a chat. Be informed and ready so life doesn’t rob you of not only the loving companionship of your spouse or parent but also all of your financial resources as well. 

Call Joe Boles at 904-824-4278 ask for Suzi and come in to see me, before it’s too late.

Joseph L. Boles, Jr. moved to St. Augustine with his parents in 1967. A native of North Carolina, he attended the University of Florida after graduating from St. Augustine High School in 1970. He initially obtained a Bachelor of Design and Advertising Design from the University of Florida, and also obtained his law degree from the University of Florida College of Law. He was admitted to practice in the fall of 1984 and his areas of interest are Elder law, asset protection, estates and trusts. He is married to Jane Reynolds and they have 7 children between them: Hayley, Molly, and Kirby Catherine Boles and Kara, Willie, Emily and Bridey Masson. His office is located on the corner of Riberia and Saragossa Streets in St. Augustine. The office phone number is 904-824-4278.

Joseph L. Boles, Jr.
As far as the economy goes, many domestic reports over the past year have been unimpressive, if not downright gloomy. Corporate profits have continued to decline, jobs figures have been a mixed bag, and GDP growth has been miniscule throughout 2016. Globally, the picture is even worse, with China and many other major markets still struggling, and the already unstable European Union now reeling from the shocking departure of Britain.

The bottom line for everyday investors is that “irrational exuberance” – whatever the forces behind it may be – is generally considered a warning sign that the market is overvalued and potentially due for a drop. In light of the fact that the current market is, historically speaking, overdue for another major sustained drop (which would be the third such drop since 2000), I suggest that investors anywhere near retirement look closely at their market exposure. After all, even though sheer momentum could keep the rally going for a little while, when the bubble finally bursts, everyday investors – not big traders – are the ones most likely to get caught in that next big downturn.
Reverse Mortgages were created for homeowners aged 62 and older by HUD and are insured by FHA as an “Aging in Place” loan product. Seniors are living longer and living on limited income.

The Reverse Mortgage allows access to some of the equity in a primary residence – funds are based on age and appraised value of home.

Homeowners can use these funds/equity and they are not required to make any payments back on the loan, while alive, living in the home.

Did you know a Reverse Mortgage is a great financial tool to allow homeowner’s aged 62 and older access to between 50%-70% of the appraised value of their home, based on their age, to better their Quality of Living.

Examples:

#1 A couple needs more money to live on: $250,000 home:
A couple aged 70 and 69 years old. Their home appraised for $250,000 and they did not have a mortgage on it. They can receive $132,480 (est) – out of that they received 60%/$75,580 at closing, wired into their checking account and placing 40%/$56,900 in a Line of Credit that grows at 6.0% (est) and is available after one year.

#2 A couple wants to get rid of their monthly mortgage payment and have more money to live on: $175,000 home:
A couple aged 69 and 68 want to pay off their current existing mortgage of $30,000, eliminating their monthly mortgage payment of $800 – freeing up that amount each month for them. Home appraised for $175,000 - They can receive $20,796 (est) at closing and placing $39,340 (est) in a Line of Credit that grows at 6.0% (est) and is available after one year.

“A Reverse Mortgage is a great financial tool to allow homeowner’s aged 62 and older access to between 50%-70% of the appraised value of their home, based on their age, to better their Quality of Living.”

Please call or email John Reardon, our local Reverse Mortgage Specialist anytime! He is always happy to answer any questions you might have.

John Reardon - Direct Phone: 904-982-2210 Office: 386-445-411
Reverse Mortgage Specialist NMLS 555210
Community Mortgage Solutions – Serving St Johns, Duval, Flagler, Nassau, Clay, Putnam, Brevard and all surrounding Counties
Regional Office: 1030 Palm Coast Parkway Suite 3, Palm Coast, Florida 32137
EMAIL: John@communitymortgagesolutions.com Website: www.FloridaReverseMortgagesMadeEasy.com
Shannon MacMinn, Aegis Therapy for BayView Healthcare at the Samantha Wilson Care Center

Shannon MacMinn graduated with an undergraduate degree in Exercise Science from The University of North Carolina at Charlotte in 2011. She then followed suit getting her Master’s degree in Occupational Therapy from Lenoir-Rhyne University in 2013. Shannon began her career in pediatrics working at an outpatient clinic in North Carolina helping children with Autism and various Sensory Processing Disorders to experience success at his or her “occupation” of playing with friends, learning at school, completing daily routines (eating, dressing, sleeping, etc.), and enjoying typical family life.

After one year in pediatrics Shannon was blessed with the opportunity to move to Charlotte, NC where she transitioned in the geriatric field helping older adults gain independence in their daily living skills and desired occupations. “Working with children fostered the creative component of the therapeutic interventions that I provide as well as my ability to think outside of the box when working with older adults to overcome their own unique challenges.”

Since entering the geriatric field, Shannon thrives on continuing her education in the areas of Parkinson’s Disease, joint replacements, individualized interventions for patients with dementia, and use of adaptive equipment performance of activities of daily living.

Shannon cherishes helping others achieve things that, at one time or another, seemed impossible. At the age of 7, she was diagnosed with Juvenile Diabetes and struggled for many years wondering if she would ever be able to live the life she wanted. Through the help of remarkable, caring medical professionals that touched her life, Shannon has discovered ways to not let her disease define who she is or limit the activities that she loves. One individual in particular, a pediatric endocrinologist, taught her what it means to look at patients as unique human beings with their own story to tell and their own dreams to fulfill, disease or no disease, which inspired me to enter the medical field. “This influence and my medical history is the reason why I cherish and am so passionate about what I do.” For Shannon, occupational therapy is so much more than helping older adults return home as independently as possible, it is about building trust and rapport to help them realize their own potential, whether it be through restoration, adaptation, or compensation. Shannon currently works for Aegis Therapy for BayView Healthcare at the Samantha Wilson Care Center. She tends to an entire continuum of care extending to in and outpatient rehabilitation, skilled nursing, assisted living, and home health. She has learned to celebrate the milestones in recovery and loves to teach her patients to do the same. “Life is not about waiting for the storm to pass, it’s about learning how to dance in the rain.”

Bailee Dyess, Bayview Healthcare

Bailee Dyess, born and raised in Saint Augustine, has a passion for nutrition from two different aspects of her life. She used to suffer from terrible migraines. Nothing seemed to give her relief, until one day she realized it could be her diet. She rarely ever ate like she was supposed to. So Bailee began eliminating certain “bad” and processed foods from her diet. She then started to add more natural and fresh foods providing her the proper nutrition. She learned that it is especially important to eat three meals a day with a snack at night or 6 small meals spread throughout the day. This diet includes a good protein source at each meal or snack for example, milk, meat, fish. Also it is important to avoid eating high sugar foods by themselves, especially when excessively hungry.

“It was amazing because almost immediately I started to feel better and was able to go days, even weeks without getting headaches.”

In conjunction with nutrition she started working out regularly and realizing that proper nutrition and eating healthy started to positively impact her life. Working out can lower your stress and unwind muscle tightness. These two variables are the biggest causes of tension headaches. Realizing the fundamental lifestyle change, Bailee became extremely passionate about eating healthy and living a healthy lifestyle.

“I truly believe that good, fresh, and natural food is the reward towards proper nutrition. I learned that this is the best medicine…”

Bailee attended University of North Florida, where she earned a Bachelor of Science degree in Nutrition and Dietetics.

Bailee never dreamed she would end up working in a kitchen, let alone for BayView Healthcare’s continuum of skilled nursing, rehabilitation, and assisted living facilities. She always thought with her degree she would pursue a career in sports nutrition. However, working at Bayview Healthcare, both in the kitchen and visiting with the patients and residents, she finds it rewarding. Helping make sure each person receives the adequate nutrition has become a new passion for Bailee. She is a part of a team that excels in proper nutrition with options for all patients, residents, and staff members. No matter if you have a short stay or long term care, Bailee and the BayView Dietary team make sure a healthy lifestyle is fun and organic for each individual diet. It goes back to what she said earlier, healthy and proper nutrition is the best medicine! With her desire to help people, and with love and passion for food and nutrition, Bailee knows that her heart is in the right place.

“Working with children fostered the creative component of the therapeutic interventions that I provide as well as my ability to think outside of the box when working with older adults to overcome their own unique challenges.”

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Linda Kane, Director of Laboratory Services at Flagler Hospital

Linda Kane is the Director of Laboratory Services at Flagler Hospital. In this capacity, Linda handles all aspects of the clinical laboratory including Chemistry, Hematology, Microbiology, Pathology, Point of Care, and three Outpatient lab Patient Service Centers which process over 1 million lab tests each year for our patients. Linda joined the Flagler Hospital team in 2010 and has overseen the growth of the department over the past several years. The Laboratory has undergone a complete state-of-the-art renovation including the creation of a separate Microbiology laboratory and transitioned to a new computer system.

Mona Decker, Volunteer Chaplain at Flagler Hospital

Mona Decker serves as a Volunteer Chaplain at Flagler Hospital. In this capacity she provides spiritual care for patients, their loved ones and staff members at the hospital and has served for two years. Mona was born and raised in the suburbs of Washington DC and grew up attending a conservative synagogue.

Mona is a graduate of the University of Maryland where she studied Women's Studies and Psychology and earned a Bachelors in Psychology. Mona spent her career in medical sales and marketing which helped contribute a desire to help people with the end of their life care. Mona wanted to explore the spiritual aspect of end of life care and in 1996 she graduated from Reconstructionist Rabbinical College in Wyncote, Pennsylvania. Mona then became a Congregational Rabbi for a Synagogue in Baltimore for nine years before she followed her parents to Florida and settled in Jacksonville. Mona became a Chaplain with Community Hospice of Northeast Florida in Jacksonville and for the past five years has served at the Bailey Family Center here at Flagler Hospital.

Monas favorite things to do are gardening and working out early in the morning with her YMCA “compadres”. She says that it gives her calm and energy for the day.

Linda was born and raised in New York, New York, and from an early age she was fascinated by cultures and always wanted to work in a lab. She earned her Bachelor of Science in Medical Technology from the University of New York, Geneseo, in upstate New York and then began her career working in various laboratory roles. Her internship at St. Joseph’s Hospital in Stamford, Connecticut led to an eight-year career where she specialized in Microbiology. She then moved to Virginia to work at Roche Laboratories, a commercial lab in Virginia Beach, Virginia before moving to South Florida where she held progressively responsible roles at Boca Raton Community Hospital and then to Orlando Regional Medical Center in central Florida which led her to Flagler Hospital.

Linda loves her work and she says that she has a “GREAT STAFF”. Linda is the mother of two daughters and in her free time she likes to relax at the beach, read and travel and is currently planning to recreate a family trip to Italy this fall with her sisters and aunts.
Got a Minute?

by Susan Johnson, Communications Coordinator Council on Aging

A lot can happen in a minute. For example: 250 babies are born every minute; lightning strikes the Earth 6,000 times every minute; there are 5 earthquakes every minute and Americans eat 21 thousand slices of pizza every single minute. (Yep, you read that right!) That’s what the statistics say, anyway.

The statistics also say that, if you add just six seconds to that minute, someone in the United States will develop Alzheimer’s disease. Every time. Every sixty-six seconds. (Yep, you read that right!)

“Statistics also say that, if you add just six seconds to that minute, someone in the United States will develop Alzheimer’s disease. Every time. Every sixty-six seconds.”

The COA welcomes all those who are interested in learning more about Adult Day Care for those with memory loss, Alzheimer’s disease and other dementias to call us at (904) 209-3674 any Monday through Friday from 8 am until 5 pm. Ask questions, access resources or schedule a visit to one of our adult day care centers. The Sunshine Center, located at 180 Marine St. in downtown St. Augustine or the Ponte Vedra Adult Day Care Center, located at 1048 A1A North in Ponte Vedra Beach.

Sixty-six seconds. Just enough time to make a phone call. Because a lot can happen in a minute!

Susan Johnson is the Communications Coordinator for the Council on Aging, 180 Marine St., the host of “The Joe and Susan Show” Thursday mornings at 8am on 102.1 FM WFOY, and the editor of gus! magazine, a publication of the COA, and the St. Augustine Record. She can be reached by phone at (904) 209-3700 or by e-mail to sjohnson@stjohnscoa.com.
It has been 4 months since Hurricane Matthew came roaring into St. Augustine. Though we are thankful that we did not take a direct hit from the storm, St. Francis House, along with many of our friends and neighbors are still dealing with the aftermath.

**But where are we now? Here’s a snapshot.**
- Kitchen serving 3 meals a day – lunch meal open to the public
- Food pantry operating 3 days a week
- Advocacy & Referral Center (one stop center) open daily for anyone having needs related to homelessness
- Men’s, women’s and family shelter open
- One building is nearing completion and is housing families, women and serving as cold/rain night shelter.

Progress is slower than we wish, However, we are moving along and the estimate is that we should have most of the work complete by June.

**In the meantime...**
- In September, St. Francis House assumed Street Outreach Activities in St. Johns County. Our teams of professional outreach workers are on the streets reaching out to those who may not be aware of the services available to help them through their crisis. Some come to the shelter. But others receive assistance right where they are. In December, our outreach teams helped 26 people transition from homelessness to housing without even coming into the shelter. These guys are good!
- Youth Street Outreach has started. Our team of street outreach workers – dedicated to connecting with unaccompanied/homeless youth, is on the streets. This is the first part of our new Youth initiative.

Thank you to all of our wonderful volunteers and donors who have helped us get through the past few months. We couldn’t do it without your support. For more information about volunteer opportunities and how you can help contact Karen at karen.lundquist@stfrancisshelter.org.

Help us win up to $3000 courtesy of CenterState Bank. Visit their new branch on US 1 and vote for us!

Mark your calendars for the **Second Annual Low Country Boil – Saturday, May 6, 2017** on the bayfront at the St. Augustine Municipal Marina.
The Early Learning Coalition of North Florida has selected 2016’s “Preschool Teacher of the Year” recipient, as well as honoring all the nominations.

This year marks the 3rd Annual ELC of North Florida Preschool Teacher of the Year Award. The preschool teacher recognition acknowledges the quality, creativity and hard work of those who teach children during a time when, according to researchers, rapid brain development can be leveraged toward long-term academic achievement.

Nominees from the six counties that ELC covers have gone “above and beyond” to provide excellent learning environments and classroom experiences for preschool children. For the selection process, ELC sends out a nomination form to all of the preschools served.

This year we received the most competitive submissions yet. The submissions were filled with stories of inspiring career history and heartwarming anecdotes.

This year’s Preschool Teacher of the Year winner was:

• St. Johns County: Marie Klingner of Memorial Lutheran Chapel School in St. Augustine. Marie creates “teachable moments” all day and her consistent support enables children to reach their highest potential.

This year’s Preschool Teacher of the Year nominees were:

• Clay County: Elizabeth Biskentawi of Lighthouse Learning Center in Orange Park. Biskentawi goes above and beyond to establish a relationship with each child and their family by offering open parent communication.

• Bradford County: Giana Jackson of Rainbow Center: Jackson is always attending trainings and works tirelessly to educate the children in her classes.

• Putnam County: Damaris Jimenez of Polka Dot Kids Center in Palatka: Jimenez believes in whole teaching and finding new ways to teach.

• Clay County: Jill Maunz of Shadowlawn Elementary in Green Cove Springs: Jill teaches the students with special needs and it is amazing to see the gains and growth of her students from the time they enter to the time they leave.

• Clay County: Lori Studenski of Amdromeda Preschool in Orange Park: Studenski has received a national CDA to teach VPK, and has been teaching at Andromeda for 11 years, she is an excellent role model for children, parents and staff.

“We celebrate and thank the important role these teachers have in supporting our youngest learners, who are our future leaders,” said Joan Whitson, Early Literacy Outreach Manager at ELC of North Florida.

The nominees were recognized at the Early Educators Conference with a luncheon and awards ceremony sponsored by Kaplan Early Learning on January 21, 2017. All of the nominees received a certificate and thank you bag to commemorate their work and accomplishments.

By Joan Whitson, Early Literacy Coordinator, Early Learning Coalition of North Florida

Our mission is to serve parents, caregivers, and educators of children by managing and evaluating early childhood education programs through a quality school readiness delivery system in North Florida.

Address: 2450 Old Moultrie Road, Ste. 103, St. Augustine, FL 32086
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How did you change the world today?

We're changing the world, one child at a time.

With all the talk of late about changing the world, what have you done to make a change? Think one person can't do anything? Can't do enough? You would be wrong.

Children with Autism, MS, MD, Cerebral Palsy, Down's Syndrome, Learning Disabilities and more can learn to speak. They can learn to walk, sit up, stand, and do the simple things most of us take for granted. They can live a higher quality of life. But they need a chance, they need our help. Together we can make a difference; together we can be an instrument of change. The best part is that change is good for all of us.

Haven Horse Ranch is one of our Country's oldest, largest and highest rated Therapeutic Riding Centers, we have been on the bleeding edge of so many innovations and discoveries of the benefits of Equine Assisted Therapy. With multiple studies published and an accredited training program for therapists we have advanced the science of Equine Assisted Therapy. And we have seen so many miracles...

Since 2010, we've changed more than 5,500 local lives. This year our goal is to help 900! The impact to the individuals and our community has been proven, is immeasurable and exponential.

Since 2010 alone, more than 95 have spoken their first words and more than 75 have walked their very first steps.

We're mentoring in detention centers throughout NE Florida.

Recidivism rates are down to less than 4% for our juvenile programs and High School graduations are up to more than 95%!

That's great, but what can you do to help change the world?

1) Volunteer to help with the horses, therapy, fundraising, or the grounds. Anytime we get something done with a volunteer that's more we can do with therapy.

2) Get Certified. We offer a nationally accredited training program. If you are a licensed practitioner (PT, OT, SLT, COTA) it even qualifies for CEU's.

3) Participate in our Miracle Maker's Dance April 22nd or Special Kids Fishing Tournament May 6th.

4) Support a child or a horse. All donations are tax-deductible and 100% goes to its intended target. Never to admin or overhead, that's what our fee-based services are for.

5) Advertise in our arena. 12,000 people visit Haven Horse Ranch annually and banners are a great to get your message out to decision makers and support therapy all at the same time.

6) Take a lesson or a trail ride, or send your child to horse camp. Our fee based offerings also go to support our therapy programs so it's a win-win.

For more information, call us at 904-813-5710.
Sign up Now for the Annual ‘Run for Peace 5k’ on April 8, Benefitting Betty Griffin Center

For runners, walkers, and adults and children alike, there’s no better way to kick off spring than supporting a good cause! The Betty Griffin Center Run for Peace 5k will be held on Saturday, April 8 at 8:00 a.m. at the St. Augustine Beach Pier, located at 350 A1A Beach Blvd.

The family-friendly event, that includes a separate registration for children 13 and under, benefits the Betty Griffin Center – a nonprofit agency that provides free emergency shelter and services for residents experiencing domestic or sexual abuse in St. Johns County.

Runners can sign up for the event at www.runforpeace5k.org. Adult registration costs $25 plus a $2.50 sign-up fee through Feb. 28 – increasing to $30 after that date. The race fee for children is $15 plus the sign-up fee through April 6.

Betty Griffin Center Chief Executive Officer, Joyce Mahr, says “The Run for Peace is among the nonprofit agencies biggest fundraisers of the year. I hope more runners and walkers will take part in April to support a very good cause.” Nearly 500 people participated in the event last year.

Runners and walkers can pick up their race packets at the Betty Griffin Center Thrift Store, located at 1961 A1A South on Friday, April 7 from 4 to 7 p.m. – and shop some of the best bargains on the island as well. Packet pick-up will also be held at the St. Augustine Beach Pier beginning at 6:30 a.m. before the event begins.

The race is set and all you need to do is register. See you then!

For more information, visit www.runforpeace5k.org

The Betty Griffin Center was founded in 1990 by concerned citizens and incorporated as the Safety Shelter of St. Johns County to develop plans to provide shelter for local victims of domestic violence and their children. In 1992, the nonprofit agency contracted with a local motel for space and started a 24-hour crisis line and court advocacy program. By 1994, the agency purchased and opened Betty Griffin House as permanent shelter. The shelter was expanded in 1998 to meet local demand, and sexual assault program was added the same year. Today, Betty Griffin Center shelters approximately 450 victims of domestic and sexual abuse annually, operates a 24-hour crisis helpline, provides professional counseling for victims of domestic and sexual abuse, provides age-appropriate violence prevention training and also operates two thrift stores at Julington Square and Anastasia Square to assist in funding the agency’s ongoing operations.

For more information or to donate, visit www.bettygriffincenter.org. To report if you or someone you know is being abused, call the Betty Griffin Center 24-hour helpline at (904) 824-1555.
Donna Guzzo, Operations Administrator, Language Exploration Enrichment was presented with the prestigious Most Valued Educator award for the fifth consecutive year on October 20, 2016 at the annual Florida Foreign Language Association conference in Orlando, Florida. This award recognizes foreign language educators who have experienced professional success in the past year. Under Guzzo’s leadership, LEE students have won Scholar of the Year Elementary level for eleven consecutive years, three LEE instructors have been recognized as teacher of promise, and two other instructors have been recognized as most valued educator and teacher of the year. She was also awarded the Teacher-Student award for a digital presentation made in collaboration with her students Macey Thousand and Gabriel Beaumont.

Alejandra Rivera was presented with the Teacher of Promise award. Outstanding educators in their first three years in the profession are nominated by their colleagues and selected for the award based on their potential fare or outstanding success in their field.

“I would like to congratulate Donna Guzzo and Alejandra Rivera for their hard work and enthusiasm in teaching a world language, sharing their culture, and changing the world!”—Janet Robles, Curriculum Administrator, LEE.

Language Exploration Enrichment was founded in 2003. Its mission is to encourage all students to explore world languages and cultures. The goal is to introduce children to world cultures through classroom lessons, discussions, activities, technology, crafts, songs, games, etc.

Language Exploration Enrichment (LEE), is designed as an after school service to students, in fourteen schools within St. Johns County, with a potential for a fundraiser, (Durbin Creek, Julington Creek, Cunningham Creek, Hickory Creek, Timberlin Creek, Liberty Pines Academy, R.B. Hunt Elementary, Ketterlinus, Palencia, Valley Ridge Academy, Patriot Oaks Academy, Ocean Palms Elementary, PVPV/ Rawlings, Mill Creek and Wards Creek Elementary). Proceeds from program benefit each participating school. To learn more about LEE, please visit, http://leestjohns.pbworks.com/
Come One, Come All to the Greatest Show in St. Augustine...“Gatsby” is BACK!

The time, is the 1920s when the now infamous Ringling brothers have started a traveling circus of freaks and mysteries alike. The evening will be unforgettable as you are truly transported back in time at the Lightner Museum. From vintage décor to performance entertainment, join the festivities and cavort without restraint. Escape from normality and satisfy your tender curiosities of all things magical in a magnificent evening to benefit the St Johns Cultural Council.

Damn everything but the Circus

Volkswagen of St. Augustine is hosting its fourth annual, “A Gatsby Carnival,” at the Lightner Museum on Saturday, April 29th, 2017 from 7 - 11 p.m. Guests are encouraged to get dressed in their finest 1920s attire. Two authentic, 1920s classic cars will be onsite as part of the marked circus entrance. There will be live music by Amy Hendrickson and the Voodoo Review, as well as local favorites Chelsea Saddler and Chris Kearns.

This year’s event will be held at the Lightner Museum, where a portion of the museum will be open with local thespians performing around you while you stroll through the various exhibits. To boot, a moonshine bar and craft cocktails will be there to accentuate the theme. Tickets are currently on sale for $55 per person or $100 per couple, and can be purchased at Volkswagen of St. Augustine.

Over the last three years, the event has raised over $25,000 to benefit local charities. This year, all proceeds will go to support local non-profit, SJCC (St. Johns Cultural Council). SJCC is active throughout St. Johns County furthering visual, literary and performing arts for students, the elderly, and aspiring artists who may not otherwise have had the ability to expand their creative outlets. Volkswagen of St. Augustine owners, Joe & Sway DiFeo, are passionate about supporting local non-profits and are artists and musicians themselves. Since opening their doors in December of 2013, they have been able to contribute over $100,000 to local charities and continue to allocate an annual budget for community support and sponsorships. You can learn more about their community outreach efforts by visiting: www.VWStAug.com/Giving-Back.

*For more information please visit www.GatsbyForCharity.com.

Photos: Jennifer Jordan for the Lightner Museum
Why Hair Consultations Are Needed Before You Cut or Color!

Consulations allow us to talk and figure out how to get hairstyles that work for you 365 days a year - not just the day after a trip to the hair salon!

I will help you be realistic about what hairstyles will work for you, as well as those that might be too challenging for your type of hair or for your schedule. We’ll start by discussing the texture of your hair and what it can do. Then we’ll discuss color; from highlights, to low lights, to all over color, or no color changes at all.

Have you ever had your hairdresser ask you how much time you have to devote to your hair in the morning? That’s exactly the kind of thing that is discussed in the consultation!

Are you aware that 9 out of 10 bad hair days are due to people using the wrong shampoo and conditioner? In your consultation we will discuss exactly what products you use on your hair, including shampoo, conditioner, styling products, blow dryers, irons and more! What you use will make a huge difference! If you are using the wrong tools, you will be constantly fighting with your hair to get it to do what it will not do!

The benefits of hair consultations services:
- A consultation helps to ensure that your hair “goals” are realistic for your hair type and that the style is maintainable for you.
- Your hair style will be “do-able” for you and not just something that only looks good after a salon visit.
- Shampoos, conditioners, styling products and tools will be customized to make sure your hair style works for you - not against you!
- The style guessing game is over - we know what will work and how to get there
- No more wondering about when to come in for a cut, or trim or touch up.
- Your maintenance is customized for you so that you can always have gorgeous looking hair - both in style and color.
- Consultations include all kinds of tips to looking your best.
- You’ll end up loving your hair style!
- You’ll end up loving your hair color!
- You’ll end up trusting your hairdresser!

Give me a call for your free consultation; your hair will thank you!

Best Regards, Hair By Lisa, 904-334-6888

LET ME HELP YOU LOOK YOUR BEST!
A great haircut can take you anywhere! And it’s important that you find a professional hair stylist that will not only listen to you, but one that will give you realistic advice about what can be achieved with your hair.

You need to be able to tell your hairdresser what you like and don’t like. You want to build a good, long-term relationship with them so that you can have a hair style and hair color that works for you, 365 days a year.

I am originally from Jacksonville, Florida, and received my initial beauty school training at Brevard Community College. Very quickly I realized that I was truly passionate about learning the art and skill of professional hair cutting and hair styling.

While living in Melbourne, Florida, I met my mentor. She encouraged me to continue training in my profession. I travelled to Miami on a monthly basis and began extensive Paul Mitchell training. Eventually I became a certified Paul Mitchell Educator.

During my career I have been fortunate to be able to spend time in London, England. There I learned about the differences in techniques and consultations.

The Vidal Sassoon academy in Santa Monica, California is the creme de la creme of hair cutting schools. It was there that I greatly expanded my horizons and my skill set in this wonderful world of hair!

Over the years I have immersed myself in advanced training in hair coloring, hair cutting and hair design. Paul Mitchell conducts extensive educational events in Las Vegas, Nevada and Miami, Florida. I have attended their Hair Camp seven times and participated in advanced classes at their Signature Gathering on three occasions. I constantly strive to increase not only my abilities in this field, but also my creativity in all aspects of hair coloring, cutting, and styling.

I now live in St. Augustine, Florida and work out of St. Augustine. My education: Paul Mitchell trained, Vidal Sassoon, and MBA in Business, St. Leo University.

Are you ready to make a change? My specialty is making you look your best! Call me at 904-334-6888!

Check out my website. Hairbylisaharris.com

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Going Home An Opportunity

I have always liked the quote “Carpe Diem”, or in our language, “Seize the Day”. One of my recent personal experiences with this was a decision to take a visit to my homeland of New Zealand. It is always easier to stay committed to my work schedule and as a business owner I tend to get absorbed into the work zone and often do not come up for air. In this case, my parents were having an extended visit there and so I made the extra effort to go because who knows when the occasion would arise again.

Before I knew it I was on the plane to the land of the Long White Cloud, which in the native Maori language is named Aotearoa.

While there, I caught up with my old school mate, Stephen Wilson. Talk about an interesting life he has had! Living in France for years with his English wife and raising four children over there, he was now living back in New Zealand working as a chef. He was trained in France and was extremely knowledgeable in sauces and cooking with what was available locally. A big impression he made on me was his love of the maori people and his desire to educate them on healthy eating because they are 1 ½ times more likely to develop diabetes than non-Maori residents. He works with the government to establish eating recommendations and also educates in the schools.

Chef Stephen also cooks for corporate groups and provides cooking lessons for tour groups. His place overlooks the Tauranga Harbor on the North Island which is in the Bay of Plenty (the kiwi fruit capital of the world). We observed him cooking salmon and his assistant Luciano cooked some ravioli in butter with sage (yes, I thought I was in heaven). Steve Bird from Bird’s Winery came over with some delicious Sauvignon blanc. We found out that he was one of the few wineries that ship their own wines to the States and yes, they distribute in Florida! Luciano also brought some award winning limoncello that is being produced in New Zealand now. It rivaled what I have tasted in Italy.

Milford Track (reservations at least 6 months in advance), go to Queensland, leap off A.J. Hackett’s original bungy jump, cruise the Milford Sound (one of the most beautiful places on this earth), whale watching and many other unique activities are available.

If you don’t have a bucket list, it’s time to start one. Put New Zealand on the top. Kiwi’s are friendly and accommodating and want to help. If you want a crazy chef experience that you won’t forget for a long time, you can reach Stephen by Facebook at Kiwizine Catering!

Christine Cousart has lived in St. Augustine since 2004 and says that it is the closest to the life she had when growing up in New Zealand. She owns Cousart Studios of Fine Art & Photography. She enjoys painting in all mediums as well as photographing a variety of subjects. She and her husband Kevin have two children that have graduated from Flagler College and one child who attends Palm Beach Atlantic University. The family loves to travel frequently and loves their relationship with many friends in the community. Cousart Studios of Fine Art & Photography | www.cousartphotography.com | 904.687.7700 | 320 Hightide Drive #101 | Saint Augustine, FL 32080
Look who Christine visited after Stephen! A maori warrior in Rotorua, New Zealand!
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Friday, March 4th — 3:00 to 9:00
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Sunday, March 6th — 11:00 to 5:00

Arts and Crafts Village closes at Sundown.
Sorry, no pets or coolers on the field.

www.lionsfestival.com
$5 for Adults, Kids 15 and under FREE
Proceeds benefit Lions Charities

“Hey, We’re Havin’ Fun!”
A wide and eclectic array of Asian produced and inspired products welcomes shoppers to PJ’S Asia One Market. PJ’s is St. Augustine’s first and only dedicated Asian grocery featuring products from Thailand, Vietnam, the Philippines, China, Taiwan and Japan. Items range from spices, condiments, and sauces to a extensive variety of other dried, canned, refrigerated, and frozen goods. The rice and noodle section offers jasmine, sweet [sticky], red, brown, black, and Basmati rice while the noodles are available in a wide variety of ingredients, forms, flavors, and shapes, originating from various countries. Noodles come dried or refrigerated [fresh] and in family or individual serving packets.

For the curry lover’s palate PJ’S offers ten styles of Thai curry paste in different size containers and all other necessary ingredients for curry based dishes. And for the sushi enthusiast(s) PJ’S stocks products for your next sushi get together including rice, vinegars, nori, pickled ginger, wasabi, soy sauce and a selection of the most popular ‘flash frozen’ sushi grade seafood. If you enjoy sushi often, try preparing at home—it’s not as difficult as it may seem.

Praphaphan “PJ” Johnson is a native of Thailand, an FCTC culinary graduate, previously a chef and is available daily to assist, advise and encourage anyone interested in preparing Asian meals. In the near future PJ will offer cooking demonstrations/classes for individuals or groups. If you’re interested, please inquire during your visit.

**Recipe:**

Red Curry with Chicken

Makes 4 servings

**Ingredients:**

1/2 lb chicken breast cut to bite size pieces
2 tbsps vegetable oil
2 tbsps red curry paste
1 cup coconut milk
1/2 cup water
2 tbsps fish sauce
2 cloves garlic chopped
1/4 cup sliced onion
1/4 cup sliced bamboo shoots
1/4 cup green bean cut to bite size pieces
1/4 cup quartered Thai or Chinese eggplant cut into thick slices
3 kaffir lime leaves
2 Thai chili quartered
5-10 sweet Thai basil leaves for garnish

**Preparation:**

In a sauce pan with oil on high heat, add garlic and onion sauté for 15 seconds. Then add curry paste and chicken. Sauté for about one minute. Add fish sauce, black pepper, and coconut milk. Sauté for another 1-2 minutes. Add vegetables and water, let cook about 10 minutes or until chicken and vegetables are tender. Finish by stirring in chili and kaffir lime leaves, Remove from heat, garnish with sweet Thai basil leaves. Serve with hot steamed jasmine rice.

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**TESTIMONIALS**

I’ve become a regular shopper at PJ’s. I love how all the items on the shelves have English nametags, so I don’t have to guess what things are. It makes shopping so much easier. The store is clean and the aisles are wide. PJ is always so helpful. Last time I was in, she introduced me to these festive colored sushi wrappers that aren’t as scary as seaweed for newbies to the sushi world.

- Rea Powers

I love the green tea ice cream, and our children like the mango popsicles. My wife never leaves without an ice cold roasted coconut juice in her hand. We have found lots of new vegetables and snacks to try. PJ has taught us about noodles that you don’t have to cook. That’s great in the summer heat!

- Bill Gaines
If you attended one of the many celebrations held in conjunction with St. Augustine’s 450th anniversary last summer, chances are, you may have been one of the 450 faces included in Michael LeGrand’s “Faces of the 450th” project.

The project, which highlighted the diversity and individuality of St. Augustine residents and public figures through a series of headshots, will be on display in the Rotunda Gallery at the St. Johns County Administration Building from February 7 through April 20, 2017. There will be an opening reception Tuesday, February 7, beginning at 8:15 a.m., prior to the Board of County Commission meeting. Light refreshments will be served, and the public is invited and encouraged to attend.

“Faces of the 450th” drew inspiration from one of photography’s most amazing portfolios, the “American West Series” by Richard Avedon, which captured subjects in various posed and non-posed moments against a white backdrop, which acted as a blank canvas, allowing the subject to stand out and be highlighted. Michael LeGrand’s pseudo-improvisational headshots were shot at different community events such as Farmers Markets, Music in The Plaza, and other locations. Just as Avedon’s American West photos captured a diverse subset of the American culture, LeGrand’s photos captured a similarly diverse subset of our St. Augustine community. The final project was ultimately displayed on large mounted billboards in front of the Lightner Museum, the St. Augustine Visitors Center, and the St. Augustine Amphitheatre.

Michael LeGrand graduated with a BS in Photography from Drexel University, and has traveled the world perfecting his craft. After relocating the St. Augustine in 2002, he opened his own commercial photography studio, Michael LeGrand Photography. For the last 15 years, he has built an impressive client list in the areas of healthcare, architecture, advertising, higher education, and various others. Michael’s clients often comment that his unique perspective and ability to capture a subject’s character has a way of bringing their projects to life.

Michael is also an avid (and FAA licensed) drone pilot, and has provided breathtaking photographs and videos for his clients. Additionally, Michael has recently added video production to his service line, much to the joy of his clients.

“Michael LeGrand would like to acknowledge Flagler Hospital, which provided financial support for the “Faces of the 450th” project show at the Administration Building. As the only hospital in St. Johns County, Flagler Hospital is committed to caring for the community each and every day. Flagler Hospital is a 335-bed, acute care hospital that is consistently ranked among the top 5% of all hospitals in the nation for clinical excellence."

Located at 500 San Sebastian View off of US1 North, the St. Johns County Administration Building is open to the public from 8a.m. until 5p.m. Monday through Friday. The St. Johns Cultural Council (SJCC) would like to thank the St. Johns County Board of Commissioners for their continued support of this Art in Public Places project, which the SJCC sponsors throughout the year.

The Cultural Council is funded in part by a grant from the Florida Division of Cultural Affairs, the State of the Arts License Plate funds and with the support of The St. Johns County Tourist Development Council. For more information about the St. Johns Cultural Council visit www.stjohnsculture.com and www.historiccoastculture.com.

www.MichaelLeGrand.com
Limelight Theatre’s Oklahoma and The Grapes of Wrath win best shows in 2016 Broadway World Regional Awards

By Renee Unsworth

Limelight Theatre’s 25th season opened in September 2016 with Oklahoma!, which recently won Best Musical in the 2016 Broadway World Jacksonville Regional Awards. Beth Lambert won Best Director for this production, and Shelli Long won Best Music Director for Oklahoma!

In addition, The Grapes of Wrath won Best Play. The competition included nominations from 10 regional theatre companies.

Other shows on stage during the 25th season include Hedda Gabler (drama), The Mystery of Irma Vep (comedy), I Ought To Be In Pictures (comedy), The Nance (drama/comedy), and The 25th Annual Putnam County Spelling Bee (musical).

February 19 at Limelight Theatre.

Mark O’Rowe’s fluid yet faithful adaptation of Henrik Ibsen's masterpiece premiered at the Abbey Theatre, in Dublin, Ireland in April 2015. This new version premiered in the U.S. at the Studio Theatre in Washington D.C. in May and June 2016. This Limelight Theatre production is a Community Theatre and a Florida Premiere.

The show is sponsored by Fountain of Youth Spa and Laser Center, St. Augustine.

Tickets are $26 for adults, $24 for seniors, $20 for military and students. On Thursday, Jan. 26, Preview Night tickets are $15 each. On Terrific Tuesday, tickets are two for $30 on Jan. 31. Student/Teacher Night on Feb. 2 features $15 tickets. For reservations, go to limelight-theatre.org or call 904-825-1164.

Hedda Gabler

A wife, a muse, a coward, a heretic. Hedda Gabler is something to everyone, yet she has no idea who she is to herself. This dark drama is on stage through

There’s trouble in River City when a fast-talking salesman gets his heart stolen by the town librarian in this adaption of the Tony Award-winning Broadway classic.

Based on Meredith Willson’s six-time-Tony-Award-winning musical comedy, The Music Man Kids features some of musical theatre’s most iconic songs and a story filled with wit, warmth and good old-fashioned romance.

Summer Camps

It’s all Disney this summer during KidzfACTory camps! The Little Mermaid Jr. and Cinderella Kids are both fully staged musicals that includes costumes and performances for the community. Other camps include Despicable Me, Beauty & The Beast, and Cars — one-week play time camps for kindergarten, first, and second grade students. Go to limelight-theatre.org for details.
You are cordially invited to Limelight Theatre’s
25TH SEASON GALA
6 to 10 p.m.
Thursday, March 23
rescheduled from Nov. 10, 2016
The River House
179 Marine Street
St. Augustine, FL 32084

Game of Theatre Renaissance Celebration
► Cocktail Party or Renaissance Attire
► Madrigal Entertainment by St. Johns County Center for the Arts
► Cocktails
► Seated Dinner with cuisine by Raintree Restaurant
► Dancing
► Desserts
► Silent Auction

Tickets are $100 each, and sponsorships are available
For reservations, call the Box Office at 904-825-1164

Proceeds benefit KidzfACTory, Limelight’s Theatre Education Program. Funds will provide student scholarships, outreach programs, and educational workshops.

Limelight Theatre is located at 11 Old Mission Ave., in uptown St. Augustine. Free parking is available street side and onsite.
Go to limelight-theatre.org or call 904-825-1164

25TH SEASON SHOWS
Hedda Gabler
By Henrik Ibsen
A new version by Mark O’Rowe
January 27-February 19, 2017
Drama
Student/Teacher Night: January 25
Preview: January 26
Terrific Tuesday: January 31
Henrik Ibsen’s great social drama of a caged woman in the late 19th century explores her tormented desire for escape and her yearning for individual and spiritual freedom.

The Mystery of Irma Vep
A Penny Dreadful by Charles Ludlam
March 10-April 2, 2017
Comedy
Preview: March 9
Terrific Tuesday: March 14
A sympathetic werewolf, a vampire and an Egyptian princess brought to life when her tomb is opened make this a comedy that has everything! Two actors play all the roles!

I Ought To Be In Pictures
April 21-May 14, 2017
Comedy
Student/Teacher Night: April 19
Preview: April 20
Terrific Tuesday: April 25
This was Limelight Theatre’s FIRST show, on stage 25 years ago! The Neil Simon play tells the story of a 19-year-old New Yorker who moves to Hollywood to become an actress and find her father, a screenwriter.

The Nance
June 2-25, 2017
Drama/Comedy/with music
Preview: June 1
Terrific Tuesday: June 6
The Nance recreates the naughty, raucous world of burlesque’s heyday and tells the backstage story of Chauncey Miles and his fellow performers.

The 25th Annual Putnam County Spelling Bee
July 21-August 20, 2017
Musical
Preview: July 20
Terrific Tuesday: July 25
An eclectic group of six students vie for the spelling championship of a lifetime.

ALL AMERICAN AIR SPONSOR
KidzfACTory, Limelight’s education program, is the sole recipient of the All American Air Charitable Foundation Youth Tennis Championship on February 10.

All American also is a sponsor of Limelight Theatre’s 25th Gala on March 23 at the River House. Celebrating 25 years of community theatre in St. Augustine, the Gala will benefit KidzfACTory as well, providing scholarships and outreach programs focusing on theatre education. For tickets to the Gala, call the box office at 904-825-1164.
Vilano Beach Main Street Weekend Festival
April 7th - 8th, 2017
Vilano Beach Town Center Walking distance from downtown St. Augustine

Stay and Play!

Sea Turtle Soirée
Friday April 7, 2017
7 pm to 10 pm
Vilano Pier
Music, Drinks, Food

Home Seminar
Family Friendly
All Ages

Tour of Homes
Saturday
April 8, 2017
10 am to 6 pm
- Porpoise Point
- Vilano Beach
- Surfside

FOOD

VILANO BEACH
DISH N FISH

STUDENT CULINARY COMPETITION
Over 10 Area Restaurants /Food Trucks
* 5 High School Culinary Teams * Kid Activities * Big Prize Raffles

Make merry all afternoon with food, drink and music:
Showtime USA; Legacy Irish Dancers; Amy Hendrickson; Dewey Via; Sam Pacetti; Joe Schauer; Chelsea Sadler; Ron Norris; Crawford Boyd

For Details: www.vilanobeachfl.com 904.540.0402

ONLINE at www.vilanobeachfl.com
Dish n Fish $5 adults/kids under 6 free
Seminar $10/ Pier Party $50 / Tour $20

Proceeds benefit Vilano Beach Main Street improvements for better lighting & safety for our walkable community. Dish n Fish proceeds benefit FRLA ProStart Culinary Schools

February/March 2017 42
The 7th Annual St. Augustine Celtic Music & Heritage Festival is set for March 10-12, 2016, when Celtic heritage and music take over the Ancient City.

Come join in the Celtic revelry. Wear your green proudly. Display your shamrocks, your tam, your tartan, your kilt. Find the CELT in YOU!

The St. Augustine Celtic Music & Heritage Festival was voted 2016’s Best Event in both St. Augustine and Jacksonville, and has been called “arguably the finest collaboration of Celtic performers assembled in the United States”.

In addition to live entertainment by internationally acclaimed Celtic bands, the weekend Festival is filled with, Highland games athletic competitions, Celtic artisans, Celtic food, whiskey tasting, Clans from Ireland and Scotland, games and entertainment for children, and more - all at Francis Field, 29 W. Castillo Drive, downtown across from the visitors’ parking garage.

…And the ONLY St. Patrick Day Parade in Northeast Florida begins at 10AM Saturday, March 11.

Find the CELT in YOU …in America’s Oldest Celtic City

Tickets are available at CelticStAugustine.com. Festival tickets may also be purchased at these downtown St. Augustine establishments:

- Ann O'Malley’s Irish Pub, 23 Orange St., at The Prince of Wales Restaurant 54 Cuna Street, St. Augustine, FL 32084,
- or at Aunt Matilda’s Steampunk Trunk 106 St. George Street, St. Augustine, FL 32084

Founded in 1565 by colonists from the northern Celtic region of Spain, St. Augustine has an amazing Celtic history, including many Colonial Spanish and British Governors and historic vicars of Celtic descent like Padre Miguel O’Reilly, plus the Hibernia Regiment and fascinating stories of romance and mystery involving Scottish and Irish colonial soldiers.

Today, over half the residents of St. Augustine, Florida proudly claim Irish, Scottish, Welsh and/or other Celtic ancestry. And every year more lads and lasses converge upon the Ancient City from across the world, donning their tartans and green attire to celebrate their culture and heritage.
Why should your business or practice become a contributor to the Woman’s Journal?

The woman’s journal is a superb educational tool and is a great resource for the community at large to gain factual knowledge written by leaders in their field.

- Dr. Ryan Pereira, DPM, FACFAS

“Working with Anthony and The Woman’s Journal has been a tremendously rewarding experience for our clinical counseling practice. We are reaching individuals and families who may or may not have heard of us, but most importantly, by reading our articles, they grow far more comfortable with the counseling process and who we are as therapist. It’s as if we are already having our first session together, addressing expectations and uncertainties that are part of the deeply rewarding experience of psychotherapy. When the phone rings (and it does far more frequently now), our readers already feel a sense of knowing us and, we too, feel a special connection with them when they say they saw us in The Woman’s Journal. Finally, the publishing deadlines become a gift by forcing us to focus on the most important issues impacting individuals and families within our very special community. Thank you Woman’s Journal!”

John R. Jones and Kathleen Abbott – The LifeSource Group

“I would just like to say thank you very much for the last 3 1/2 years of allowing me to be a Contributor in your magazine. First, I want to say it is the smartest advertising exposure idea that my mother has ever had for my business. She recommended I call the Woman’s Journal when I first decided to go out on my own. When I first met with you your sincerity and genuineness shown through and you truly believed in what I had envisioned for my business. I am now living it and I thank you and the Women’s Journal for every step of my success. You and your magazine have truly let me realize my dream of being of service and providing a business that allows many a freedom to seniors to remain at home as long as they wish. I sincerely thank you.

Susie Sullivan, Simply Susie

“I cannot tell you the number of patients that have found their way to our office in response to their having seen our articles in the Woman’s Journal. From former patients who lost touch years ago who were delighted to see a familiar face again, to brand new patients who have never seen a podiatrist before, but who felt so encouraged by what they read that they placed that important phone call. The Woman’s Journal is a publication that is informative, inviting and compassionate to it’s readers. We are proud to be associated with the Woman’s Journal and so pleased with the increased business we’ve experienced as a result!”

Amy Smith – Practice Manager, Coastal Foot & Ankle Wellness Center