



*Marie Conforti answers a question at the VNA Caregiver Conference*

success with this conference and are continuously looking for new ways or topics that will benefit even more people.”

A large portion of the conference is an open question and answer series where attendees can ask their questions to a panel of local experts. The panelists for the most recent conference included Theresa Tolle from Bay Street pharmacy; Peggy Cunningham from the Alzheimer and Parkinson Association of Indian River County; Shawna Callaghan from the Senior Resource Association; Marie Conforti, elder law attorney; and Kathy Orton from the VNA. Tolle kicked off the conference with a presentation entitled “Making the Most of Your Doctor’s Visits.”

The VNA is the only non-profit home care and hospice provider in Indian River County. For over 40 years, this community has trusted VNA nurses, therapists, home health aides and staff to care for them in their homes. Patients and families benefit from the VNA’s unique ability of offering a continuum of care through the organizations main service lines of VNA Private Care, VNA Home Health and VNA Hospice.

For more information about the VNA, please visit [www.vnac.com](http://www.vnac.com).



*Bob Morgan, Ryan Lees, Marine Bank President and CEO Bill Penney, guest speaker Tom Essaye, Mary Cone, Stephen Shields, and Jim Stanley*

### **Marine Bank & Trust Hosts Luxury Home Market Seminar Presented by Tom Essaye of the Sevens Report**

The residential lending team of Marine Bank & Trust hosted an informative breakfast seminar for local realtors at the Quail Valley Club on November 7th. The presentation, “2018 Interest Rates and the Luxury Home Market” was delivered by Tom Essaye of The Sevens Report.

“Marine Bank and our residential lending team are partners with our community’s realtors. So we welcome the opportunity to provide a forum for us all to come together and receive information that will benefit us all,” said Bill Penney, president and CEO of Marine Bank & Trust. “I am very proud of our team for producing this event and striving to be our area’s leading mortgage lender.”

### **About Tom Essaye**

Thomas Essaye is a professional trader with more than 10 years of experience trading foreign and domestic equities, commodities, currencies and bonds. Tom created the 7:00’s Report to combat the information overload financial professionals and self-directed investors face daily. Tom is a frequent guest on national television and appears regularly on CNBC, Bloomberg TV, BNN, Marketwatch.com and Fox Business News.

## **IRMC Recognized by American Association of Critical-Care Nurses with Bronze Level Beacon Award for Excellence**

The American Association of Critical-Care Nurses (AACN) in Aliso Viejo, California, recently conferred a bronze-level Beacon Award for Excellence on Indian River Medical Center.

The Beacon Award for Excellence — a significant milestone on the path to exceptional patient care and healthy work environments — recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN's six Healthy Work Environment Standards. Units that earn this three-year, three-level award with a gold, silver or bronze designation meet national criteria consistent with Magnet Recognition, the Malcolm Baldrige National Quality Award and the National Quality Healthcare Award.

AACN President Christine Schulman, MS, RN, CNS, CCRN-K, applauds the commitment of the caregivers at IRMC for working together to meet and exceed the high standards set forth by the Beacon Award for Excellence. These dedicated healthcare professionals join other members of our exceptional community of nurses, who set the standard for optimal patient care. [Read more...](#)

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## **Women's Baseball tournament at Historic Dodgertown shows love for the game has no limits**

### **Participants represent various professional career paths, including the MLB Commissioner's Office**

More than 80 women representing five teams traveled to Historic Dodgertown – Vero Beach this past weekend for a Women's Baseball tournament, and played on the property the same as 60 years of Major League Dodger baseball.

The women traveled from Toronto, Washington, DC, New England and northern states, and from Florida to participate in the tournament. This is the fourth visit to Historic Dodgertown by this Women's Baseball tournament group.

"We chose this tournament in Vero Beach because we love to come to Florida in November, as this lengthens our tournament season," said tournament organizer Alana McKinley, who also plays for the Toronto Fusion of the Ontario Women's Baseball League. "This is a well-run tournament. The fields are unbelievable and it is a real treat for us. Play and stay – Historic Dodgertown has everything we need."

Women's baseball tournaments welcome players as young as age 13. The women play in regular leagues and on travel ball teams throughout the year. Clinics for girls ages 13-17 are held to encourage interest and to let all women know there are opportunities for them to play baseball. Softball camp and seeing the girls' reaction upon entering the Major League Clubhouse, fitness rooms, meeting rooms and more. For many of the girls, this was the first time they encountered a truly professional experience. [Read more ....](#)

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## **Indian River Medical Center (IRMC) welcomes board certified internist and dermatologist Lilia Correa-Selm to its multi-specialty group of physicians.**

Dr. Correa-Selm brings to the institution many assets as her training has been a very diverse one. She was the Chief Resident during her dermatology residency at Rutgers-Robert Wood Johnson Medical School and then completed a Mohs and Dermatologic Oncology fellowship in Affiliated Dermatologists and Dermatologic Surgeons at the Morristown Medical Center in Morristown, NJ. She is also an international dermatologist from her home country (Venezuela), where she attended medical school.

After graduating from medical school, she spent one year as a physician in a remote underserved area of South America. Subsequently, she performed research at Harvard's renowned Beth Israel Deaconess Medical Center in Boston, completed her Internal Medicine residency at Cornell New York Downtown Hospital and performed research at Memorial Sloan Kettering Cancer in New York. Dr. Correa's experience also includes completing a confocal microscopy fellowship and performing multiple clinical trials involving laser related treatment, cosmeceuticals and body contouring.

"We are very pleased to welcome Dr. Correa to the medical staff," James Grichnik, M.D., Director, Scully-Welsh Cancer Center. "With her Mohs surgery experience, she will be an asset to our team of physicians in treating the needs of our community."

Dr. Correa's office is on the second floor of the Scully-Welsh Cancer Center located on the campus of Indian River Medical Center in Vero Beach. For more information or to schedule an appointment, please call (772) 226-4800.

# Upcoming Events

## Sebastian Police Department Hosting a Turkey Drive

**Friday, Nov 17<sup>th</sup> from 12-4pm at Walmart – 2001 US Hwy 1**

The Sebastian Police Department will be hosting a turkey drive at the Sebastian Walmart. All donations will benefit local charity. In exchange for your donation of a turkey or canned goods the police department will give you a free bag of popcorn or a snow cone. Come out and participate to help out your fellow citizens for Thanksgiving!



## Santa Claus is coming to town!



*The City of Sebastian Annual Christmas & Holiday Parade  
Call for Participants!*



**SATURDAY, DECEMBER 2nd at 6pm  
South on Indian River Drive – From Main Street to Riverview Park**

## Welcome in the Holidays at the Auxiliary of IRMC's Florence Booms Celebration of Lights

Please join Indian River Medical Center at the 27<sup>th</sup> anniversary of the Auxiliary's Florence Booms Celebration of Lights ceremony Thursday, Dec. 7, at 6 p.m. on the hospital grounds.

Please join Chaplain Robert Bremer and Rabbi Michael Birnholz as they welcome the Holiday season. Highlights include songs of the season performed by Cantor Alisa Forman from Temple Beth Shalom and the Don Kelly Family. Refreshments will be available in the Ambulatory Services Center lobby following the Christmas Tree and Chanukah Menorah lighting.

The Celebration of Lights plays a dual role as it heralds in the holidays while at the same time raises money for worthwhile projects through donations ranging from \$5 to \$500 toward a light. Contributions can be made for a light in honor or in memory of a relative or friend. For details, call Maureen Luther, director, Volunteer Services, at (772) 567-4311, x1133.

The money raised through the Celebration of Lights is used to purchase necessary equipment and education programs that allow the Women's Health Care team to continue to provide quality healthcare to the community. Past purchases include newborn cardiac monitors, birthing beds, infant warmers, fetal monitors, apnea monitors, the overhead lullaby system, thermometers, otoscopes, ophthalmoscopes, a Bili Blanket, jaundice meters, infant hearing screening equipment and educational programs for nurses.

# SAVE the DATE



It's ShrimpFest time again! New Location! New Format! Same great Florida shrimp and Florida craft beer. This year the festival will be a three-day event and will be held at Riverview Park in Sebastian on March 16, 17 and 18. Join us for a Florida style St. Patty's Day weekend!

Friday, March 16 - 3:00 pm to 9:00 pm  
Saturday, March 17 - 10:00 am to 9:00 pm  
Sunday, March 18 - 10:00 am to 5:00 pm

ShrimpFest & Craft Brew Hullabaloo features FREE entry and parking, live music, exciting kids' activities, loads of vendors and more. Festival goers can sample a variety of locally brewed craft beer on Saturday from 1:00 to 4:00. Pareidolia Brewing Company of Sebastian has joined forces with other local brewers who will be bringing their best brews. Entry to the festival is free but the Craft Brew Tasting is \$35 at the door, presales are \$30 at eventbrite.com. Summer Crush Vineyard & Winery of Ft. Pierce will delight you with their selection of wine during the entire weekend.

Area food trucks, local restaurants and organizations will compete for the bragging rights to the winning recipe and the coveted "Third Annual Golden Shrimp Award". Everyone attending the festival can vote for their favorite dish. Are you allergic to seafood? The kids don't like shrimp? Don't let that stop you from enjoying a great weekend--pizza and other foods will be available.

Join us for our Motorcycle Show & Ride-In from noon to 5:00 on Saturday and our Car Show from 10:00 to 2:00 on Sunday.

The **ShrimpFest & Craft Brew Hullabaloo** is a joint effort of the Rotary Club of Sebastian and the Fellsmere Exchange Club. Net proceeds raised from the event will benefit local youth sports teams and participating non-profit organizations throughout North Indian River County.

For more information contact us or check out our website. [Info@ShrimpFestFL.com](mailto:Info@ShrimpFestFL.com) or [www.ShrimpFestFL.com](http://www.ShrimpFestFL.com)

## Regularly Scheduled Networking Events

**Every 1st Friday** VNA offers free Blood Pressure and blood sugar screenings at the Sebastian Chamber 9—10AM.  
**Download the November schedule [here](#)**

**Every Wednesday:** Exchange Club of Sebastian meets at noon at Capt. Hiram's

**2nd Thursday of each month:** Sebastian Area Women in Business meets at 8am at Captain Hiram's. Breakfast is available for purchase. All business women are welcome to join us. Meet other women in business and enjoy interesting presentations and lively conversations!

**The Rotary Club of Sebastian meets every Thursday at 12:15 p.m.** at Vic's Pizzeria & Italian Restaurant. The 1st Thursday is our business meeting and the rest of the months meetings have speakers. Guest are welcome to see what Rotary is all about and listen to a speaker. Lunch is \$15 if you choose to eat. Come join us if you are interested in joining the club. We have many projects and fund-raisers for members to help our community. <http://www.sebastianrotary.com/> 772-581-3199

## Employment Opportunities

Is your organization seeking employees? Send your information to [info@sebastianchamber.com](mailto:info@sebastianchamber.com) and we'll post it on our jobs board. To see all job listings [click here](#)