

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

December 2022

Polk/Brandon Edition - Monthly

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**FREE**



**BAYCARE ANNOUNCES NEW CEO**

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ARE A SIGN OF VENOUS DISEASE**

**CHRONIC PAIN: WHAT YOU  
SHOULD KNOW ABOUT YOUR  
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**HEALING POWER OF  
THERAPEUTIC MASSAGE**

**INNOVATION SENIOR LIVING  
COMMUNITIES – REDEFINING  
VALUE IN SENIOR LIVING**



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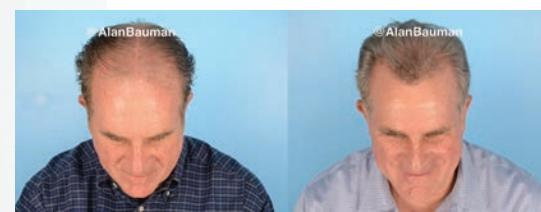
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# BayCare Announces New CEO

**CLEARWATER, Fla.** (August 5, 2022) **Stephanie D. Conners**, an experienced health care leader who began her career as a nurse, has been named the next chief executive officer and president of BayCare Health System, West Central Florida's largest not-for-profit health care provider and one of its largest employers.



Conners, 50, was selected by the BayCare Board of Trustees following an extensive national search that began in February after Tommy Inzina, BayCare's current CEO and president, announced his plans to retire by year's end. Conners will be the 25-year-old organization's fourth CEO.

Formerly, the executive vice president and chief operating officer for Jefferson Health, a large, not-for-profit health care system based in Philadelphia, Conners joined BayCare in October to begin the leadership transition.

"For the board, it was paramount that we find a leader who is committed to BayCare's legacy of mission-driven, community-focused health care," said Rick Colón, chairman of the board. "In Stephanie Conners, we see an engaging and compassionate leader who will lead BayCare into its next era of serving the community's health, our team members and our medical community."

Conners will oversee a nationally recognized health system with nearly \$5 billion in annual revenue, more than 27,700 team members, and relationships with more than 5,800 local community physicians and other providers. Its primary footprint is Hillsborough, Pinellas, Polk and Pasco counties and includes 15 hospitals; a robust ambulatory division; one of the region's largest physician groups, BayCare Medical Group; and one of the state's largest home health services, BayCare HomeCare. BayCare is also the region's largest provider of pediatric and behavioral health services and operates

one of the region's few 5-star-rated Medicare Advantage plans, BayCarePlus®.

"I am humbled and honored to lead such a remarkable organization," Conners said. "Its legacy of compassionate care is palpable, and I look forward to helping ensure its future success. It is my personal mission to make a difference in the lives of others."

Conners, a native of Philadelphia, will have a lot in common with many BayCare team members, as she started her career as a bedside nurse before becoming a trauma nurse and then moving into management and eventually hospital operational leadership. She has spent nearly three decades in health care with both not-for-profit and for-profit providers, building a reputation as an inspirational leader and collaborator in driving the highest safety, service and quality of health care delivery while maintaining fiscal responsibility.

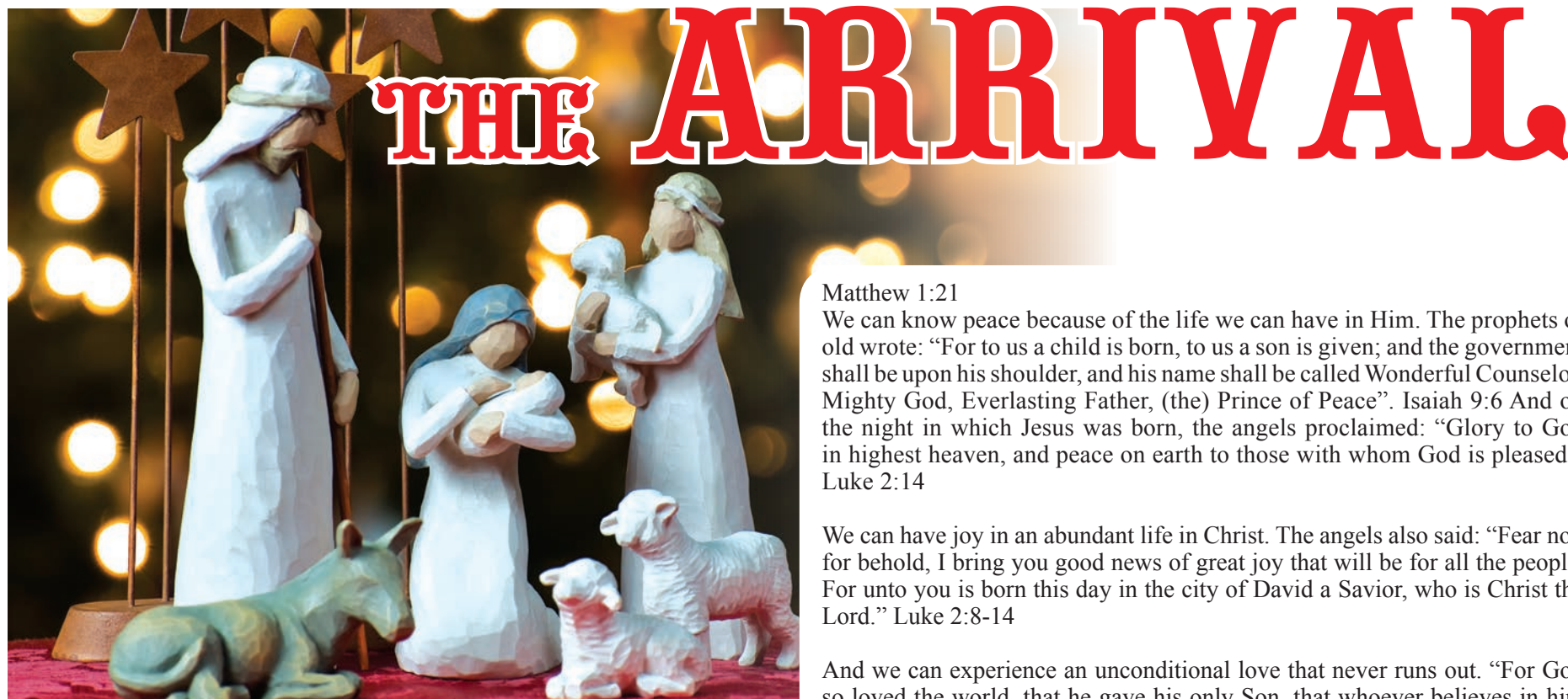
In 2002, Conners accepted her first senior executive role with Tenet Healthcare as chief nursing officer for Hahnemann University Hospital in Philadelphia, a position she held for a decade. She then went on to serve as senior vice president for operations and system chief nursing officer for Robert Wood Johnson University and Bristol-Myers Squibb Children's hospitals in New Jersey, and later, as chief operating officer and chief nursing officer for Cooper University Health Care, a not-for-profit system based in New Jersey. In 2018, she joined Jefferson Health as its chief operating officer.

Conners holds a bachelor's degree from Villanova University and an MBA from Eastern University. She and her husband, Timothy Conners, have four children ranging in age from 13 to 26, and one grandchild.

Conners will become BayCare's leader shortly before it opens its 16th hospital in Wesley Chapel in 2023 and as it finalizes decisions on a 17th hospital for north Manatee County, announced just last month. This expansion comes as BayCare continues to be recognized nationally for clinical outcomes, patient experience and efficiency metrics. In 2022, BayCare is among the top 20 percent of large health systems in the U.S., according to FORTUNE/Merative™, which also ranked BayCare's St. Joseph's Hospitals among the nation's Top 100 Hospitals®.

BayCare was founded on July 1, 1997, by a group of local hospitals committed to ensuring not-for-profit health care continued to serve the region's health care needs. That commitment remains strong, with BayCare returning roughly 10 percent (\$497 million in 2021) of its annual revenue back to the community in the form of direct charity care, patient financial assistance and community programming.





**D**o you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

*Brent Myers*



**Highland Park Church**

**4777 Lakeland**

**Highlands Road**

**Lakeland, FL 33813**

**Hplakeland.Com**

**863.647.3518**

**@Hplakeland**



# SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



**S**kin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.



### WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.

### WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

### HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your

venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the "source veins"; the origin of the problem.



*Compression socks help you maintain your active lifestyle*

Ultrasound guided foam sclerotherapy will be required in most cases to treat the "branch veins" (varicose veins) coming off the "source veins". The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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# CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



**C**HRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, **Excel Pain and Spine**, was founded with one principle in mind – to provide the best possible care to patients above all else.



We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient's best interest in mind.

**Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that's right for you.**

### MORE OPTIONS THAN JUST OPIOIDS

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-Inflammatories, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient's quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

### MAKE YOUR JOURNEY LESS STRESSFUL

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker's compensation advocates to best serve our patients.

### HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker's compensation case managers, adjusters, and law firms to develop a coordinated care plan.

### EXPERIENCE AND TRAINING YOU CAN TRUST

Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

- Double Board-Certified
- Pain Medicine Experts
- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
- Tampa's Top Doc Award-Winner
- Over 30,000 Procedures Performed

**You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Spine & Pain Institute of Florida today.**

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Board Certified - Physical Medicine & Rehabilitation

**Arpit Patel, D.O.**

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Board Certified - Physical Medicine & Rehabilitation

**Corey Reeves, M.D., M.B.A.**

Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Neal Shah, M.D.**

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Board Certified - Anesthesiology

### LOCATIONS

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#### Tampa

620 S McDill Ave., Suite B, Tampa  
FL 33609



# HEALING POWER OF THERAPEUTIC MASSAGE

**MASSAGE IS PERHAPS ONE OF THE OLDEST HEALING TRADITIONS. MANY ANCIENT PEOPLES — INCLUDING THE ANCIENT GREEKS, EGYPTIANS, CHINESE AND INDIANS — WERE CONVINCED OF THE THERAPEUTIC PROPERTIES OF MASSAGE AND USED IT TO TREAT A VARIETY OF AILMENTS.**

The term 'massage therapy' is used to describe a wide variety of techniques that vary in the manner in which touch, pressure and the intensity of the treatment is applied.

Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

One of the immediate benefits of massage is a feeling of deep relaxation and calm. This occurs because massage prompts the release of endorphins — the brain chemicals (neurotransmitters) that produce feelings of wellbeing.

Levels of stress hormones, such as adrenalin, cortisol and norepinephrine, are also reduced. Studies indicate that high levels of stress hormones impair the immune system.



**All forms of Massage includes the following benefits:**

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

More customized and specific massage techniques offer individual additional benefits. At Dior Beauty & Esthetic Lounge we offer a wide variety of massage techniques to meet each individuals specific needs and desired outcomes. Give us a call and we can assist you in deciding the massage that will help you achieve your goals. **863 4505 224**



**2088 E Edgewood Drive**

**Lakeland Florida 33803**

**863-450-5224**

**diorbeautyestheticlounge.com**

Couples massage is wonderful to enjoy with a partner, friend or family member. Each person can decide the specific massage he/she would like to enjoy while enjoying the company of another.

Aromatherapy massages uses gentle pressure it's best for people who enjoy scent and want to have an emotional healing component to their massage. This type of massage can help:

- boost your mood
- reduce stress and anxiety
- reduce symptoms of depression

Swedish massage is a gentle full-body massage that's great for people who:

- are new to massage
- desire gentle touch

Hot stone massage is similar to Swedish massage but adds heated stones applied to areas of the body. This specifically helps to:

- improve blood flow
- alleviate pain from very tense muscles

Reflexology focuses touch on the feet, hands and ears. It's best for people who are looking to relax or restore their natural energy levels. It's also a good option for those who aren't comfortable being touched on the entire body. **Reflexology may be especially beneficial for:**

- reduced fatigue
- reduced anxiety
- improved sleep
- improved mood



Sports massage is a good option for those who exert a high amount of physical energy through exercise, performance or repetitive movement. It's also a good option if you're prone to injuries. This massage can be full body or focus on a specific area needing attention.

**Sports massage can:**

- increase flexibility
- Improve athletic performance
- Reduce the risk of injury

Deep tissue massage uses more pressure than a Swedish massage. Slow strokes & deep finger pressure is used to relieve tension from the deepest layers of your muscles and connective tissues. It's a good option if you have **muscle problems**, such as:

- soreness
- injury
- imbalance
- tightness
- chronic muscle pain

## MEET SHAQUILLA



Shaquilla Williams-Murray currently runs two summer camps in the summer that teaches young kids' business, entrepreneurship. She is the owner of a Wellness Spa and a Post Op Recovery Home.

Mrs. Williams-Murray teaches Body Contouring Workshops that are held around the world! Mrs. Williams-Murray is an established Best-Selling Author who has written 2 books, and 10 eBooks she has a master's degree (New York School of Interior Design) in Interior Design along with being a Graduate of the IWED Institute. Shaquilla is a mother of 3, a Wife, she's also an International Event & Floral Designer, an Educator, Mentor & Event Business Coach, a Sought After We'll Known Speaker has been called An Innovator in her field.

Shaquilla Williams-Murray, President and founder of Dior Beauty Esthetic Lounge and Dior Beauty Post Op Recovery Home has the vision, expertise, and Connections to lead her team to create events that are memorable and exceed expectations. Her students in both industries are ready to lead & succeed when they leave her workshops.

Successful entrepreneurs take pride and love what they do, and without doubt Shaquilla's craftsmanship speaks volume in action from start to finish. In 2019 she started her business from scratch and Dior Beauty Esthetic Lounge continues to build patients confidence making them feel beautiful known as the "the Magic Touch, Shaquilla listens and digests information, then her creative ideas are always brewing, giving new energy.

Through the years, Shaquilla has established connections with an extensive network of trusted professionals to customize the best team for each event. Her experience includes managing events of all sizes from corporate meetings to fundraising galas and celebrations. Shaquilla enjoys supporting local businesses and charities.

While events are a fast-paced business, Shaquilla takes time to pause and focus on what's most important.

Mrs. Williams-Murray educates hundreds of event planners who are mastering their crafts at business workshops around the US teaching over 30 certifications in the Spa Wellness Industry. She also has a Mentorship Program that caters Body Contouring & Laser Specialist all over the world.

As a Spa Owner & Mentor she is constantly challenging her skills, her way of thinking, and her mindset to create an experience her patients and mentees will never forget. teaches in-house secrets, resulting in reaching a goal to help business owners create success beyond limits. Shaquilla loves to give 500% in all areas of her expertise. One of her favorite quotes inspires her to always take it to the next level.

'There's always another level up. There's always another ascension. More grace, more light, more generosity, more compassion, more to shed, more to grow.'  
- Elizabeth Gilbert



# Innovation Senior Living Communities – *Redefining Value in Senior Living*



**T**he Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida residents and their loved ones. Our unique communities stretch across the state

**W**hen we envision getting older, many times we picture it in our current homes. While this may work for some, many decide not to stay in their long-time home after retirement.

Remaining at home can be an overwhelming and isolating experience.

When researching senior living options, many adults do not consider senior living because of the cost. However in looking further, many find communities like those at Innovation Senior Living, may be more affordable than they think.

In senior living, there is no more mortgage payments, utility bills, property taxes, home repairs, grocery bills. There are also several resources available to older adults to help cover the cost of senior living.

## LAKE WALES SENIOR LIVING OPTIONS

The Club at Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. The Club at Lake Wales is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. The community represents a true Central Florida retirement lifestyle with comfort throughout.

Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, The Club at Lake Wales offers an abundance of opportunities for maintenance free living, meaningful engagement and value.

## Assisted Living

Assisted living at The Club at Lake Wales is individualized. Residential private apartments with support and care close at hand. The Club at Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

## At The Club at Lake Wales, life is resident centered.

The associates at The Club provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities.



### Short Term Respite Care in Lake Wales, FL

The Club at Lake Wales Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



### Adult Day Programming

The Club is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 5 days a week, The Club at Lake Wales Adult Day Care Programs are a great alternative to staying at home!

### Community Benefits

The Club at Lake Wales offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.



The Club at Lake Wales is home to Resident Programming Department that tailors their programming to the personalities that live at The Club. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

### COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

### APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed

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**BARBARA BERRY**  
Senior Director  
of Lake Wales & Haines City

**TILLIE BRICKNER**  
Marketing Relations Director  
of Lake Wales & Haines City



**The Club**  
at Lake Wales

ALF#9383

### Lake Wales

FL 33853, 12 East Grove Ave.

T.: (863) 215-8018

Assisted Living License 9383

### Haines City

FL 33844, 301 Peninsular Dr.

T.: (863) 588-0345

Assisted Living License 9382

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# RESEARCHING “THE BEST OF BOTH WORLDS”



**E**lectro medicine, Herbs, Ozone, diet were part of daily life in 2014. I first heard about Doctor Raymond Royal Rife's scientific work during a conversation with a health coach. He mentioned to me that I should get a device that broadcasts radio frequencies to kill pathogens. The scientific device named the Beam Ray machine was invented by a gifted scientist Raymond

Rife, born in 1888 who studied bacteriology at John Hopkins University. Doctor Rife began his experiments using electronic frequencies on viruses and bacteria in 1920. The doctor used powerful microscope to see microbes invisible at the time. He claimed that each microbe has its resonance frequency. With Rife technology, he bombarded the microbes with light frequency,

which marked the microbe at an intense level. Doctor Rife claimed that after flooding, the microbes would either explode or shrivel up and die. Hence, I decided that it is worth finding a similar device. I went ahead to search for more information, a quest that led me to meet Dr. RL. Dr. RL's herbal products and knowledge have been priceless and contributed significantly to understanding my husband's recovery journey. When it comes to electricity, frequencies, HZ Etc., Dr. RL is highly knowledgeable helping me through the years and still helps me whenever I need his help, prayers and support. I have since learned other modalities using frequencies even remotely. Despite it being challenging, we took every event that happened in our lives as a lesson, example, and opportunity to explore different ways of thinking and seeing life. Everyone we met was very special to us as they offered their support and brought the knowledge to our lives. Proteolytic, digestive, and pancreatic enzymes were the core of the entire treatment; for they function to digest and break down proteins into amino acid components. These components are essential for the body's immune system. Cancer patients usually need help with their food digestion. Dr. K took it upon him to teach and help me follow Dr. Gonzalez's treatment, which he initially learned from Dr. Kelly. He taught me everything I needed to know about metabolism and rebuild the body through nutrition and detoxification. Dr. K is a mentor and a teacher who helps people like me to get through with knowledge, and thanks to him, I was able to meet and understand enzymes which are one of the most magnificent substances I know. The Journey was full of hope, emotions, and expectations. Cancer is always something that brings fear to our lives because it leaves us without knowing how much time we have. With no clear-cut cure, we are only left to hope that the trials we understand all along the way will work. Sometimes I felt as if I was in dark tunnels holding on to the hope to see the light with faith as my pillar and desire to see my husband recover. Every day my husband was feeling better, with more energy and strength.





Boston, Massachusetts, was our next stop in our healing journey, a beautiful city full of life. I love life in the city, the trolleys, shopping, the people and long walks exploring the streets. We had gone to see one of the world's most famous Oncologists at Dana Farber Cancer Institute. We wanted to hear his thoughts on treatments available for Multiple Myeloma. We were referred to Dana Farber by our local Physician as the institute is home to most of the best doctors. I remember getting to the hospital; my heart filled with high expectations. The first impression was a homely place as the staff members were friendly, supportive, and exceptional, which was all we could ask for. I was granted the chance to see a nutritionist for cancer. I wanted to be advised on how I would safely use a combination of herbal products and chemotherapy. Dr. Richardson was so friendly and compassionate to us. He explained the protocol they do, and he mentioned that a transplant was going to be the route, but we had to see when would be the best time for it because it was just a matter of time. However, I felt that if a transplant were to happen, it would be at God's time. The visit had gone well, and we went to the cafeteria to find out something for my husband, but I was

shocked to find only the regular meals. Being a cancer center, I expected the cafeteria to have healthier meals. He only had a salad, after which we went to whole foods to buy all kinds of greens, flaxseed oil, coconut water, and many others that I would make his juices. I used to travel with my blender to make him his vegetable juices any time of the day. While researching in my room, I had come across stories of people healing through alternative and conventional treatments. Since I love everything natural, I decided to contact them directly and ask them how they would treat blood cancer. I was aware that everyone had a different modality and different way of thinking regarding cancer. Through every doctor or patient that I spoke to I have learned so much that I could understand both worlds with the aim to heal and better.



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