



40TH

ANNIVERSARY

March 15 & 16, 2022

TENNIS . PICKLEBALL . GOLF



premier sponsor



Baptist Health South Florida

Unstoppable

starts here in Ocean Reef

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Ocean Reef Medical Center Foundation

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Your unstoppable spirit keeps you focused on the future. At First Horizon Bank, our financial guidance helps point the way forward so you're ready to make it happen without hesitation.

WELCOME TO THE 40TH ANNUAL “FUN-RAISER”

Thank you for Celebrating our 40th Anniversary with us today! We are looking forward to sharing two fun days of sporting events and presenting 3 lucky raffle winners with the following cash prizes:

First place \$10,000

Second place \$5,000

Third place \$2,500

Raffle tickets are available to purchase on the golf courses, at the awards luncheon and at the Medical Center.

The Annual “Fun-Raiser” supports the Medical Center’s wide array of services including primary care, a visiting specialist program and state of the art imaging. Having access to on-site health care at Ocean Reef is invaluable as are the many significant relationships the Medical Center has for higher-level care, if needed. Special recognition goes to our Premier Sponsor, **Baptist Health South Florida**, for enhancing your Medical Center experience.

Our program includes the many sponsors that supported this year’s event. We gratefully acknowledge our **Preferred Partners**: Baptist Health South Florida, NetJets, Northern Trust, MarshMcLennan Agency, John & Mary Lee Fine Wine Society, Wheels Up, Lexus of Kendall/ Lexus of West Kendall, Ocean Reef Club/Sotheby’s, Magnolia Blossom, Lester Lampert, Somerset Charters, Barton & Gray, Haute Explore, Baer’s, Grand Craft and Seabourn.

Many thanks to John and Mary Lee for underwriting our program again this year.

A special thanks to our many volunteers, staff and designated committees who have worked so hard to make this event a success.

Have a great time and thank you for supporting the Medical Center!



Lori & Brad Young
Chairs



Amy Joseph
Co-Chair



Michele Urbinati
Co-Chair

**40TH ANNUAL
OCEAN REEF MEDICAL CENTER FOUNDATION
“FUN-RAISER”**

- PROGRAM -

MARCH 15, 2022

10:00 a.m.

Tennis at the Racquet Club

11:30 a.m.

Luncheon for all Tennis, Pickleball and 9-Hole Participants at the Racquet Club

1:00 p.m.

Pickleball at the Tennis Center
9 HOLE GOLF Tournament

2:00 p.m.

Scramble on the Dolphin Course

MARCH 16, 2022

8:30 a.m. Card Sound • 8:30 a.m. Hammock • 8:45 a.m. Dolphin
18 HOLE GOLF Tournament

Shamble on Card Sound, Hammock and Dolphin Courses

Shamble – 1 best ball of 4 (NET).

Players hit a tee shot from their designated tees and the foursome then selects the best drive. All players will then play their own ball by placing their ball within a club length - no closer to the hole and staying in the same condition as the selected drive.

12:30 p.m.

Awards Luncheon
for ALL PARTICIPANTS at Town Hall Waterside

MARCH 16, 2021 CONTINUED

Hole-In-One • Wins a Car!!

Dolphin #9 • Women & Men
Hammock #12 • Women & Men
Card Sound #5 • Women & Men

Hole-In-One • Wins NetJets Flight Time!!

Dolphin #18 • Women & Men
Hammock #18 • Women & Men
Card Sound #17 • Women & Men

“Pro Shot”

Dolphin #17 Hammock #5 Card Sound #9

Circle Game: Double your money if you hit within the 40-foot circle

Dolphin #11 • Women & Men
Hammock #6 • Women & Men
Card Sound #15 • Women & Men

Closest to the Hole:

Dolphin #5 • Women & Men
Hammock #17 • Women & Men
Card Sound #2 • Women & Men

4:00 p.m.

Fun-Raiser Raffle Drawing

A VERY SPECIAL THANK YOU TO:

Ocean Reef Club

For all their generosity and use of the Dolphin & Hammock Courses and The Tennis Center

The Membership of Card Sound Club

The Membership of Racquet Club

Mike Leone

Director of Golf, Ocean Reef Club

Ben Claus

Head Golf Professional, Ocean Reef Club

Zach Haynes

First Assistant Golf Professional, Ocean Reef Club

David Sandberg

Golf Professional, Card Sound Golf Club

Kyle Johnston, Sara David, Jack Sheehan, Jack Jones, Griff Jayne and Matt Beck

Assistant Golf Professionals, Card Sound Club

Willie Cakans

Tennis Director, Racquet Club
and his staff for their assistance

Jim Morton

Tennis Director, Ocean Reef Club,
and his staff for their assistance

Christian Sarquis & Antonella Bruno

Catering, Ocean Reef Club
and the catering staff for their assistance

A VERY SPECIAL THANK YOU TO:

Mary & John Lee

For underwriting the program

Lexus of Kendall/Lexus of West Kendall

For the 2022 Lexus vehicles

Wynn's at Ocean Reef

For donating the snacks for the players

The Farmer Family

For donating the players hats

NetJets

For flight time

PREMIER SPONSOR:

Baptist Health South Florida

PREFERRED PARTNERS:

Baer's Furniture

Baptist Health South Florida

Barton & Gray Mariners Club

Grand Craft

Haute Explore

Lester Lampert Jewellers

Lexus of Kendall/Lexus of West Kendall

John & Mary Lee Fine Wine Society

Magnolia Blossom

MarshMcLennan Agency

NetJets

Northern Trust

Ocean Reef Club | Sotheby's International Realty

Seabourn

Somerset Charters

WHEELS UP

**Many, Many thanks to the volunteers
who helped make our event a success!**

Thank you to our 2022 Chairman's Circle and Community Trustees

With gratitude we recognize these leading donors who have made contributions to ensure the success of 2022 All Charities Weekend. They embody what is best about the Ocean Reef we know and love. Through their support, All Charities is able to advance the abundance of good for the benefit of the Reef and so many of our neighbors in surrounding communities.

Platinum Chairman's Circle

Farmer Family Foundation

Joyce Farmer
Scott and Mary Farmer
Amy and George Joseph

Julie and Rob Daugherty

Diane Damron and
Ralph Aleman

Eileen and Bob Glidden

Catherine and Brett Jefferson

Charlie Johnston
Pattie and Ed Kramer

Margie and Mike Smith

Chairman's Circle

Marjorie and Bill Berkley
Angie and Michael Berman
Cindy and Tim Brammer
Vicki Carr
Suzanne and John Chuhinko
Sally and Tom Davidson
Vicki and Alan Goldstein
Barbara and Ed Hajim
Brenda and Tom Harter

Colleen and Phil Hempleman
Diane and Keith Hill
Erin and David Hudson
Diane and Mike Jones
Allen Krowe
Cynthia and Patrick Lee
Jeff Levitz
Frances and Craig Lindner
Cindy and Bob Manzo

Kathie and Steve Markel
Dedie and Bill Nutt
Barbara and Emery Olcott
Maggie and Steve Parker
Christine and Rod Patton
Anne Marie and Murray Peretz
Russell Post
Gretchen and Jay Riley
Alexis and Alex Rogers

Lyndsay and Jim Segrave
Jane and Jim Slattery
Fran and Ron Terwilliger
Kathy and John Weiland
Michele and John Welch
Em and Craig Wierda
Anne Lovett and
Stephen Woodsum

Community Trustees

Adele and Mike Acheson
Denise and Jim Anderton
Kathy and Dan Babcock
Kathy and Bill Bahl
Pamela and Shannon Bass
Marilyn and Bob Beamish
Angie and Michael Berman
Jane and Paul Bishop
Marlene and John Boll
Cindy and Tim Brammer
Mona and Harold Brewer
Luisa and Lowell Bryan
Sue and Bill Butler
Jacquie and Michael Cardone
Fran and Wayne Carlisle
Juanita and Joe Carrabba
Sarah and Ben Cart
Carole and Kevin Chase
Maggie and Stephen Clark
Jackie and Jeff Congdon
Carla and Gerry Connor
Barb and John Costas
Bonnie and Chris Covington
Janice and Andy Crowley
Candy and Kevin Crowley

Sally and Tom Davidson
Marna and Chuck Davis
Lisa and David Desmond
Karen and Paul DiMaura
Pat and Dom DiNapoli
Wendy and Michael Esposito
Margaret Fauber
Barbara and Paul Ferri
Natalie and Justin Firestone
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Bonnie and Scott Franzblau
Diana Frazier and Rudy Schupp
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Bonny and Rob Gothier
Lisa and John Grunow
HHB Partners
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Ruth Ann and Joe Holl
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Diane and Mike Jones
Stephanie and Ken Karl
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Nanci and Nick Lanni
Mary Ann and Ray Larkin
Cynthia and Patrick Lee
Marilyn and Gary List
Jan and Jim Loomis
Cindy and Bob Manzo
Marcia and Tom Martell
Sally and Bill Martin
Patti and Don McGrath
Karen and Frank McKee
Dedie and Bill Nutt
Linda and Ken Owens
Nina and Frank Patterson
Monica Phillips
Paula and John Reinhold
Betty and Tom Schievelbein

Carol Schafer and Tom Yates
Meg and Pat Shields
Julie and Randy Skoda
Adelaide Skoglund and Bill Legg
Margaret and Patrick Shouvin
Cristina and Eric Soulvay
Jill and Pack St. Clair
Candy Sutfin
Barbara and Roy Sutton
Gayle and Carl Tallardy
Connie and John Taylor
Cathy and Harry Totonis
Cathy and Bill Tweardy
Kate and Nick Vanoff
Karen and Don Waite
Julie and Michael Waite
Pat and Richard Wambold
Kathy and John Weiland
Stevie and Marshall Wishnack
Carla and Leonard Wood
Gail and Spike Yoh
Lori and Brad Young
Laura and Mark Zausmer
Bonnie and Harold Zeigler



2022 COMMITTEE CHAIRS

EVENT CHAIRPERSONS:
Lori & Brad Young

EVENT CO-CHAIRPERSONS:
Amy Joseph and Michele Urbanati

SPONSOR CHAIRPERSONS:
Keith Young

ON COURSE CHAIRPERSON:
Dale Schuble

PICKLEBALL CHAIRPERSON:
Barry Goldsmith

PHOTOGRAPHY CHAIRPERSON:
Sally Weisleder

GOLF PLAYER COORDINATOR:
Gail Wheeler

2022 COMMITTEE MEMBERS:

PHOTOGRAPHY COMMITTEE:

Chloe Beatty
Bob Broton
Suzanne Chuhinko
Carol Ellis
Chris Hoyt
Nancy Lampman
Karen McKee
Betsy Moody
Fred Sherman
Eleanor Williamson

COURSE VOLUNTEERS:

Linda Adams
Carol Blackburn
Johanna Carrier
Lori Cilley
Jon Cilley
Kim Elliott
Sue Eisenbrey

Kay Fischer
Gail Freed
Liz Foster
Phyllis Gorson
Sharon Halpryn
Heather Hogarth
Cathy Jansen

Amanda Kershner
Claudia Langworthy
Loretta Mackay
Sherry Martin
Annie Miles
Pam Reeves
Allison Roesser

Dale Schuble
Erin Seale
Sheryl Strode
Joanne Wills
Laura Woods
Jodi Zifferer



IT'S THE 40TH YEAR ANNIVERSARY

This year marks a milestone in the history of the Ocean Reef Medical Center Foundations' Annual "Fun-Raiser." From its humble beginnings in 1983, the first golf event led by chair George Edwards raised just over \$9,000.00. By the year 2000 that number grew to over \$250,000 and has continued to be a resounding success ever since. Over the past four years, visits to the Medical Center have increased by 73%, and visiting specialist visits have almost doubled. Private Medicine members have increased by 563%, imaging and physical therapy visits have exploded. Your Medical Center now supports the health and wellness of 12,276 registered patients.

The "Annual Fun-Raiser" proceeds go to benefit the Medical Center's quality patient care. These past two years have been a challenging time for the Ocean Reef Community and every day the Medical Center was there to support the community with vaccinations, boosters, on and off-site testing sites and keeping the community informed. Having that access to on-site health care only a golf cart ride away is invaluable and equally important are the many relationships the Medical Center has for higher-level care when needed.

Special recognition goes to our Premier Sponsor, **Baptist Health South Florida**. Please note in the program book the many sponsors who supported this year's event and our hardworking golf committee and staff.

We sincerely thank everyone who has turned out today to support this years "Fun-Raiser." Have a great time and stay safe!

Wishing you good health,

Adelaide Skoglund, Chairman
Ocean Reef Medical Center Foundation

Michael Berman, Chairman
Medical Center at Ocean Reef

2022 SPORTING EVENT PLAYERS



Adele Acheson	Kevin Crowe	Ken Karl	Carol Santemma
Mike Acheson	Sandy Crowe	John Kazmer	Jeff Schumer
Denise Anderton	Nick Csendes	Brian Keeley	Rudy Schupp
Jim Anderton	Bill Dickinson	Michael Lahey	Susan Scott
Donna Archibald	Cynthia Egan	John Lee	Shirley Shumway
Paul Archibald	Mirek Fajt	Mary Lee	Adelaide Skoglund
Bob Baal	Jeff Fassbinder	Patrick Lee	Lori Sommer
Pam Bass	Bernie Fernandez	Cynthia Lee	John Spina
Shannon Bass	Calvin Ford	Bill Legg	Bill Stavola
Mike Berman	Sarah Ford	Thomas Letarte	Jeff Steinhilber
Angie Berman	Diana Frazier	Karen Letarte	Roberta Stokes
Bruce Berry	Mike Gleason	Tom Logan	David Strassler
Susan Berry	Alan Goldstein	Kathie Markel	Ronda Stryker
Larry Biddinger	Vicki Goldstein	Steve Markel	Candy Sutfin
Mary Biddinger	Glenn Gormley	Marcia Martell	Robert Swanson
Lisa Brady	Anne Gormley	Al Mast	Gayle Tallardy
Tom Brady	Gail Guyton	Lynn Mast	Harry Totonis
Andrew Brady	Joyce Guyton	Cindy Manzo	Kathy Totonis
Tim Brammer	Floyd Hall	Bob Manzo	Jordan Truchan
Cindy Brammer	Dan Harding	Dave Meredith	Pamela Truchan
Mona Brewer	George Harms	Mike Miles	Amy Upjohn
Harold Brewer	Scott Heffner	Bill Miller	Michele Urbinati
Richard Brock	Bob Henley	Clarke Moody	Joe Urbinati
Norma Brock	John Hession	Robert Morosky	Brad Vandenberg
Michael Cardone	Pattie Heutel	Sally Newman	Don Waite
Fran Carlisle	Gus Hillenbrand	Dedie Nutt	Kathy Weiland
Wayne Carlisle	Nancy Hillenbrand	Bill Nutt	John Weiland
Vicki Carr	Chris Hodgkins	Emery Olcott	Brooke Weisleder
Rick Chambers	Brett Jefferson	Barbara Olcott	Lee Westervelt
Chuck Chuhinko	Peggy Johns	Tony Olmert	Linda Westervelt
Joan Conley	Bill Johnston	Betsy Osborne	Bill Wonfor
Michael Conley	Amy Joseph	Lorne Price	Eric Woodward
Matt Costigan	George Joseph	Gretchen Riley	Lori Young
Bonnie Covington	Linda Kaplan	Joey Rivera	Brad Young
Chris Covington	Steve Kaplan	Katie Rossborough	
Dan Cronin	Stephanie Karl	Bill Rowley	



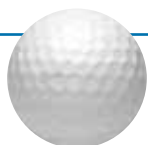
2019 FUN-RAISER WINNERS



18 HOLE GOLF:

Hammock:

Yvonne & Brock Vinton
Jolaine & John McCormack

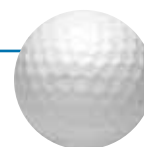


Dolphin:

Paul Archibald
Scott Heffner
Mike Miles
Bill Reeves

Card Sound:

Vicki Carr
Ricky Fortis
Polly Gleichenhaus
Andy Timmerman



9 HOLE GOLF:

Teresa Ferrarone
Phyllis Foster
Catherine Jansen
Libby MacAulay

PICKLEBALL:

Anne Marie Peretz
Jim Hassett

Pickle Jar Prize Winner:
Tom Davidson, Jr.



Tennis Flight A:

Cyndee Swenson
Dan Harding

TENNIS:



Tennis Flight B:

Ginger Rettig
Dave Noyes

RAFFLE:

Yvonne Vinton \$10,000 • Ted Groesbeck \$5,000 • Patricia Imbesi \$2,500



2021 FUN-RAISER WINNERS



CARD SOUND

Cindy & Tim Brammer
Bonnie & Harold Zeigler

HAMMOCK



Angie & Mike Berman
Kathie & Steve Markel

DOLPHIN

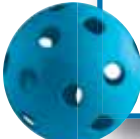


Robert Falk
Vanessa Lindner
Geoff Noyes
John Reed

9-HOLE GOLF

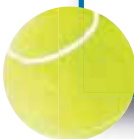
Pat & Don Armstrong
Megan Hctor
Madelyn Hctor

PICKLEBALL



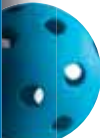
Ladies' First Place
Heather Post
Ladies' Second Place
Betsy Moody

TENNIS



Flight A
Barbara Pearson
Alex Mason

PICKLEBALL



Mens' First Place
George Doran
Mens' Second Place
Joe Holl

TENNIS

Flight B
Christina Wills
Geoff Noyes

\$10,000 RAFFLE WINNER

Jennifer Hayward

\$5,000 RAFFLE WINNER

Paul Keimig

\$2,500 RAFFLE WINNER

Sarina Kinney

“FUN-RAISER” CHAIRS

40 years of history

YEAR CHAIR(S)

1983	George Edwards
1984	Clare Miller
1985	Barbara Jacobs
1986	Barbara Jacobs
1987	Barbara Jacobs
1988	John Campbell
1989	Bob Klepper /Boots Thrower
1990	Bob Klepper/Adelaide Skoglund
1991	John & Adelaide Skoglund/Patty Baker
1992	John & Adelaide Skoglund/Bob & Denny Morgan
1993	Bob & Denny Morgan/Stoney & Bonnie Kahn
1994	Stoney & Bonnie Kahn/Tom & Shirley Wyman
1995	Stoney & Bonnie Kahn/Pete & Suzy Shields
1996	Pete & Suzy Shields/Dick & Barbara Skelly
1997	Dick & Barbara Skelly/Brian & Jean Hunt
1998	Brian & Jean Hunt/Art & Judie Berry
1999	Art & Judie Berry/David & Patty Jacobson
2000	David & Patty Jacobson/Jay & Karen Holmes
2001	Jay & Karen Holmes/Rich & Margo Miller
2002	Rich & Margo Miller/Darryl & Shirley Copeland
2003	Darryl & Shirley Copeland/Jim & Sandy Johnson
2004	Jim & Sandy Johnson/Rick & Judy Brand
2005	Rick & Judy Brand/Barbara & Emery Olcott
2006	Barbara & Emery Olcott/Janet & Dermot Coughlan
2007	Janet & Dermot Coughlan/Mona & Harold Brewer
2008	Harold & Mona Brewer/Mike & Margie Smith
2009	Mike & Margie Smith/Wayne & Fran Carlisle
2010	Wayne & Fran Carlisle/Bill & Liz Coleman
2011	Liz & Bill Coleman/Tom & Nancy Grote
2012	Tom & Nancy Grote/Tom & Marcia Martell
2013	Tom & Marcia Martell/Stu & Sally Newman
2014	Sally & Stu Newman/Judy & Gary Ball
2015	Judy & Gary Ball/Heather & Chuck Post
2016	Heather & Chuck Post/Tom & Patty Davidson, Jr.
2017	Patty & Tom Davidson, Jr./Katie Rossborough & Bill Rowley
2018	Katie Rossborough & Bill Rowley/Cindy & Tim Brammer
2019	Cindy & Tim Brammer/Bonnie & Harold Zeigler
2020	Bonnie & Harold Zeigler/Kathy & John Weiland
2021	Kathy & John Weiland/Lori & Brad Young
2022	Lori & Brad Young/Amy Joseph/Michele Urbinati



**OCEAN REEF
MEDICAL CENTER FOUNDATION**



SERVICES AT THE MEDICAL CENTER



The Medical Center's focus is primary care and is dedicated to providing the best possible medical care to the Ocean Reef Community. Our clinical staff is comprised of four full-time physicians, two nurse practitioners, along with registered and licensed practical nurses. This gives us the ability to provide a number of expanded services year round. Some of the services offered are:

- Private Medicine
- Private Medicine+
- Executive physicals
- Annual physicals
- A lab with advanced testing support using Quest Diagnostics
- Siemen's digital x-ray (foot plate available)
- 1.5 Tesla Siemens MRI
- Philips Spectral CT
- Bone Densitometry
- Ultrasound and echocardiograms
- Electrocardiograms
- Limited minor surgical procedures
- Blood pressure checks
- Pre-operative testing/blood, chest x-ray, EKG
- Suturing
- Wound care
- Emergency triage
- Respiratory and hydration therapy
- Limited intravenous medications
- CoolSculpting®
- FitMed (weight management)
- Provider coverage 24 hours a day
- Physical Therapy
- Day Clinic
- Visiting Specialist Program

DID YOU KNOW

- The Medical Center serves the Ocean Reef Community, members, guests, associates and contractors.
- The Medical Center has over 23 different specialties and over 48 visiting specialists who treat patients on-site for the convenience of the Ocean Reef community.
- The Medical Center has 4 full-time physicians, 2 nurse practitioners, and a fully staffed Physical Therapy & Sports Medicine Department.
- Our state-of-the-art imaging services - digital x-ray, spectral CT machine, Magnetic Resonance Imaging (MRI), ultrasound and bone densitometry together totaling over 2,500 imaging studies in Calendar Year 2021 (even in a pandemic).
- The Medical Center in conjunction with Public Safety delivered over 30,000 prescriptions last year.

2021 CALENDAR YEAR:

- More than 20,000 patient visits (4,800 were office visits and 600 were telemedicine visits) seen at the Medical Center by our full-time physicians and nurse practitioners, and in addition, over 3,100 more by our Visiting Specialists.
- The Medical Center performed over 1,800 blood draws on patients for laboratory testing.
- The Physical Therapy & Sports Medicine Department provided over 3,100 individual patient sessions.

IN ADDITION:

- The Medical Center can do your routine annual physicals and can also provide executive physicals on a scheduled basis.
- The Medical Center has a world class subscription Private Medicine Program under the guidance of Dr. Rene Fernandez, Medical Director, now in his 21st year at the Medical Center. The Private Medicine Program welcomed 31 new subscribers this season.
- When necessary, the Medical Center can make arrangements with "Centers of Excellence" in healthcare both locally and nationally.
- We now offer FitMed, a physician supervised weight loss program.
- We offer CoolSculpting®, the non-surgical fat reduction treatment and other supporting aesthetical services along with life wellness therapies.

FOUNDERS SOCIETY

The Medical Center's seasonal nature and our highly personalized medical care services cause us to operate at a significant annual deficit. As a result the Medical Center Founders Society was established in 1994 to provide an endowment fund to ensure the economic viability of the Medical Center's operation.

Since 1994, more than 900 residents in our community have become members of the Founders Society by agreeing to contribute a minimum of \$25,000. In addition, many have made additional contributions to become Super Founders (\$50,000+), Lead Donors (\$100,000+), Cornerstone Donors (\$250,000+), Guardian (\$500,000+) and Guardian Trustee (\$1,000,000+). All Founders are recognized with an inscription of their names in the Medical Center Lobby and participate in our Founders Society program. Pledges may be completed over a five year period, be accelerated or be in the form of securities. The Founders Society is open to all members of the Ocean Reef Community and we urge you to participate. You will be supporting an absolutely indispensable facility for the Community and a safety net for your own healthcare needs. With our Medical Center for "on the Reef care" and our Founders Benefits, we believe our Founders Society Members have the best medical package in the world.



Founders Portfolio Benefits Include:

HOSPITALISTS - Personalized access to Homestead Hospital and Baptist Hospital (main campus) on Kendall Drive through the on-site hospitalist program. In the event of an emergency visit to either of these hospitals the hospitalist will facilitate your emergency room visit in a number of ways.

HEALTHNETWORK FOUNDATION - This service provides priority access to an extensive network of America's top hospitals to help with researching, networking and arranging your care.

FOUNDERS SOCIETY

As a member of the Founders Society you are enrolled free of charge in the Ocean Reef Healthnet basic service. Founder level members may elect to support the Healthnetwork Foundation through their GOLD card program. Founders Society members who have achieved Super Founder donor status by giving or pledging a minimum of \$50,000.00 to the Ocean Reef Medical Center Foundation are automatically upgraded to GOLD status.

GLOBAL RESCUE - Special group rates for this premier travel assistance. Global Rescue provides field rescue, medical evaluation and security extraction to members who are more than 100 miles from home. Whether you require hospitalization, a consultation with a physician or pre-trip intelligence about your destination, Global Rescue offers a full suite of services designed to help you travel safely.

For further information on becoming a Founding Member, please contact Jenny Rigby via email at jenniferr@mcor.org or by calling 305-367-6707.



ACHILLES TENDINITIS

The pain associated with Achilles tendinitis typically begins as a mild ache in the back of the leg or above the heel after sports activities. Achilles tendinitis is caused by repetitive or intense strain on the Achilles tendon, the band of tissue that connects your calf muscles to your heel bone. This tendon is used when you walk, run, jump or push up on your toes. The structure of the Achilles tendon can weaken with age, which can make it more susceptible to injury.

Risk factors

Several factors may increase your risk of Achilles tendinitis, including:

- Being a male.
- Age related risk.
- A naturally flat arch in your foot can put more strain on the Achilles tendon.
- Obesity and tight calf muscles also can increase tendon strain.
- Running in worn-out shoes can increase your risk. Tendon pain occurs more frequently in cold weather than in warm weather and running on hilly terrain also can predispose you to injury.
- People who have psoriasis or high blood pressure.
- Certain types of antibiotics, called fluoroquinolones, have been associated with higher rates of risk.



Achilles tendinitis can weaken the tendon, making it more vulnerable to a tear (rupture) — a painful injury that usually requires surgical repair.

Prevention

Increase your activity level gradually. If you're beginning an exercise regimen, start slowly and gradually increase the duration and intensity of the training. Avoid activities that place excessive stress on your tendons, such as hill running. If you notice pain during a particular exercise, stop and rest. The shoes you wear while exercising should provide adequate cushioning for your heel and should have a firm arch support to help reduce the tension in the Achilles tendon. Take the time to stretch and strengthen your calf muscles to better enable them to handle the stresses they encounter from activity and exercises.

Meagan Starnes, DPT, Medical Center Physical Therapist states the following:

“Achilles tendinitis is a common overuse injury that can become chronic if not managed correctly. The key to preventing Achilles tendinitis is maintaining flexibility and strength of the calf muscles.

Eccentric heel raises are the number one way to strengthen the Achilles tendon and calf. Begin in a standing position holding onto a counter or chair for balance. Raise up on your toes, lift one leg off the floor, and then slowly lower your heel to the floor. Repeat this motion for both legs.”



**“As Founders,
We Have Always
Believed That The
Medical Center
Is The Club’s
Greatest Asset.**

**Have A Great Time
Playing Golf!**

- John & Mary Lee

John & Mary Lee

FINE WINE
— SOCIETY —

Visit:
FineWineSociety.com



Heartfelt Thanks from
The Medical Center and
Medical Center Foundation
Board of Directors
To Chairpersons,

Lori and Brad Young
Amy Joseph
Michele Urbinati

on the success of the
40th Annual “Fun-Raiser”

And Special Thanks to our Sponsors
for their generous support of
this year’s event.



The Plaza

AN EXTRAORDINARY RETAIL OR CORPORATE HQ OPPORTUNITY



31 OCEAN REEF DRIVE – \$29,000,000

A “trophy” commercial property nestled on a 4-way intersection in the heart of the exclusive Ocean Reef Club, a world-class private club boasting its own state-of-the-art private Medical Center, private airport, world class marina, prestigious golf courses, world-renowned private residences, hotel and conference center located in Key Largo, Florida. The “Plaza Office and Retail Building Complex” is comprised of 3 buildings containing approximately 29,279 sq. ft. of office, retail and medical offices situated on 2 acres of highly desirable land. MLS #2180



MARY LEE

917.603.3252

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You've missed out on travel for too long; it's time to get back to adventure. Whether it's on two wheels, two feet or astride a trusty camel, or sitting on deck of a luxury cruise, we've been eagerly awaiting venturing further off the beaten path with you making meaningful connections along the way. Join a scheduled trip or going it alone is the best way to get seamless immersion into your chosen destination.

Our award-winning team of trip planners ensure every experience is deeply authentic and totally unique. They're constantly on the road to scope out the best new hotels, restaurants, biking and walking routes to ensure each itinerary makes for the perfect adventure. The following trips are fresh: some renewed classics and some eagerly awaiting their debut. Either way they make for a perfect first time with Haute Explore Luxury Travel & Lifestyle.

Burgundy Biking

Biking into Burgundy for the first time is best done with the help of Haute Explore experts, our partners 50-year hometown-advantage grants you access to exclusive events, like uncorking vintages with international wine expert Jean-Pierre Renard. We'll lead you to the top of the gorgeous Hautes Côtes and bed down in the Côte Chalonnaise's newest and most fabulous hotel reserved just for us, Domaine de Rymska. In sum, it's pure pleasure.



Morocco Active Expedition

Reach farther afield and experience a Haute Explore Luxury Travel & Lifestyle partnered expedition in Morocco – where the idea of Expeditions was born 25 years ago. After a recent research trip, our Experience Designer has refreshed this itinerary to be better than ever with sumptuous accommodation like the dreamy Dar Ahlam, a 19th century kasbah you'll be swooning over. Add in plenty of biking and hiking through spectacular terrain and immersive cultural experiences and you'll have the full B&R experience.

River Cruise: From Lyon to Avignon

From romantic cities to foodie havens and artistic epicenters, river cruising enlivens all your senses. Embark in Lyon, France's culinary capital, and enjoy an evening illumination cruise. Savor the beauty of legendary vineyards and imbibe in local vintages like Beaujolais and Côtes du Rhône. You can even become an expert in all things culinary: go in search of the highly prized "Black Diamond" truffles; learn how to pair chocolate with wine; and discover how olives turn into the Mediterranean's nectar, olive oil. Trace the steps of famous artists in Arles and Carrières de Lumières before your return flight home.



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Speak with an Haute Explore Luxury Travel & Lifestyle Curator today to plan your personally curated experience
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FOR MORE INFORMATION CONTACT

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Madison Roberts, Haley Roberts, Amy Roberts, Pat Roberts, Pam Roberts, and Austin Roberts

The Roberts family first began their love of Ocean Reef on Pat and Pam's visit in 1983. They have created many memories over the years for 3 generations. These have included their children getting their first driver's license (golf cart), to countless fishing tournaments, and unforgettable holidays.

Those lasting memories have always been centered around a table and our family matriarch, Pam - or "Steel Magnolia" as she is affectionately called. It was moments like these that led the Roberts family to create Magnolia Blossom Wines in Sonoma. We have seen our family blossom in Sonoma, with one son proposing to his loving wife there and the other son finding his passion and spirit there.

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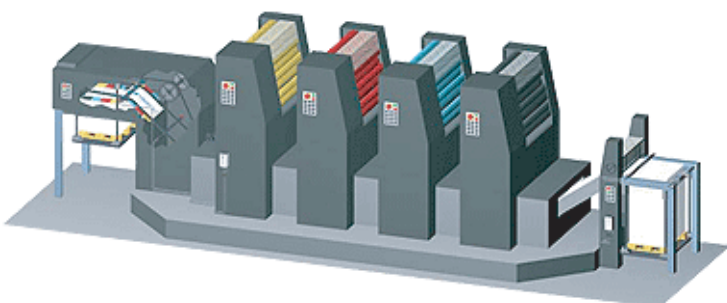
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