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Ocean Reef® Medical Center Foundation



First Horizon is proud to support Ocean Reef® and the Medical Center Foundation, because a community is only as strong and vibrant as the people and resources that serve its residents.

Let's find a way.™

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A MESSAGE FROM THIS YEAR'S EVENT CHAIRS



Welcome and thank you for participating in this year's 42nd Annual "Fun-Raiser." Every year this great event brings the Ocean Reef community together in support of a great cause, The Medical Center. What an amazing facility to have so close at hand and that offers so many services - literally a golf cart ride away.



This year a 5K "Fun-Run" was added to the varied sporting events of tennis, pickleball, croquet and golfing. We hope those of you who played tennis, pickleball and croquet enjoyed the day and the great luncheon catered by Ocean Reef Club. For you golfers- best of luck today and go for that hole-in-one car!



Mulligans will be offered at registration with games of chance offered on all the courses. Another wonderful luncheon will be held today at Town Hall Waterside, and don't forget to buy raffle tickets for a chance to win a cash prize or golf cart.



We wish to extend our sincere thanks to our hardworking golf committee and staff. Many hours go into planning an event of this size and we couldn't do it without all of you.



Again, thank you for coming out and supporting the Medical Center. It can't be said enough- quality, caring healthcare here at Ocean Reef is truly a gift.

Sincerely,

A white rectangular box containing a handwritten signature in black ink that reads "Pam & John Gibson".

Pam and John Gibson
Event Chairpersons

A white rectangular box containing a handwritten signature in black ink that reads "Karen & Jim Davidson".

Karen and Jim Davidson
Event Co-Chairpersons

**42ND ANNUAL
OCEAN REEF MEDICAL CENTER FOUNDATION
“FUN-RAISER”**

- SCHEDULE -

MARCH 10, 2024

8:00 a.m.

5K “Fun-Run” • the Medical Center

MARCH 12, 2024

10:00 a.m.

Tennis Tournament - the Racquet Club

10:00 a.m.

Croquet Tournament - Croquet Lawn

11:30 a.m.

Lunch at the Racquet Club

Tennis, Pickleball, Croquet and 9-Hole Players

1:00 p.m.

Pickleball Tournament - the Tennis Center

2:00 p.m.

9-Hole Golf Tournament - Hammock Course

MARCH 13, 2024

18 Hole Golf - Shamble

Card Sound 8:30 a.m. • Hammock 8:30 a.m. • Dolphin 8:45 a.m.

Best 1 of 4 (net) Players hit a tee shot from the proper tees. The foursome then selects the best drive. All players will then play their own ball by placing their ball within one club length of this position, no closer to the hole and staying in the same condition (only 6 inches if the tee shot is on the green) Handicap – 60%

MARCH 13, 2024 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 #2 • 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 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

12:30 p.m.

Lunch at Town Hall Waterside
for all sport participants and volunteers

4:00 p.m.

Fun-Raiser Raffle Drawing
the Medical Center

A VERY SPECIAL THANK YOU TO:

Ocean Reef Club

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, Matt Beck, Jack Jones, Maddie Murray,
Brette Bryant, Corey Vecciarelli**

Assistant Golf Professionals, Card Sound Club

Willie Cakans

Tennis Director, Racquet Club
and his staff for their assistance

Justin Romero

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

Mic O'Keeffe

Vice President of Sports and Amenities, Ocean Reef Club
and his staff for their assistance

Christian Sarquis & Antonella Bruno

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

Lesla Crayne

For all of her assistance

A VERY SPECIAL THANK YOU TO:

Mary & John Lee

Lexus of Kendall/Lexus of West Kendall

Wynn's at Ocean Reef

The Farmer Family

NetJets

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MarshMcLennan Agency

NetJets

Northern Trust

Ocean Reef Club | Sotheby's International Realty

Seabourn

Somerset Charters

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

Thank you to our 2024 Chairman's Circle and Community Trustees

With gratitude we recognize these leading donors who have made contributions to ensure the success of 2024 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

Diane Damron and Ralph Aleman
Ellise and Michael Coit
Julie and Rob Daugherty

Eileen and Bob Glidden
Pattie and Ed Kramer
Mary Ann and Ray Larkin

Jane and Jim Slattery
Gayle and Carl Tallardy
Sherrie and Morris Willner

CHAIRMAN'S CIRCLE

Marjorie and Bill Berkley
Angie and Michael Berman
James Berwind and Kevin Clark
Cindy and Tim Brammer
Bill Butler
Vicki Carr
Suzanne and John Chuhinko
Jackie and Jeff Congdon
Barb and John Costas
Keri Crocker and Faruk Capan
Sally and Tom Davidson

Joyce and Anthony Esernia
Vicki and Alan Goldstein
Barbara and Ed Hajim
Pam and Dan Harding
Brenda and Tom Harter
Colleen and Phil Hempleman
Erin and David Hudson
Cherie and Keith Hughes
Charlie Johnston
Diane and Mike Jones
Allen Krowe

Cynthia and Patrick Lee
Ruby and Jeff Levitz
Frances and Craig Lindner
Cindy and Bob Manzo
Kathie and Steve Markel
Dedie and Bill Nutt
Christine and Rod Patton
Anne Marie and Murray Peretz
Seraphim and Tom Reycraft
Gretchen and Jay Riley
Alexis and Alex Rogers

Betty and Tom Schievelbein
Lyndsay and Jim Segrave
Meg and Pat Shields
Margie and Mike Smith
Fran and Ron Terwilliger
Pat and Richard Wambold
Kathy and John Weiland
Michele and John Welch
Carla and Leonard Wood
Anne Lovett and
Stephen Woodsum

COMMUNITY TRUSTEES

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Jane and Paul Bishop
Marlene Boll
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Fran and Wayne Carlisle
Sarah and Ben Cart
Carole and Kevin Chase
Maggie and Stephen Clark
Carla and Gerry Connor
Bonnie and Chris Covington
Janice and Andy Crowley
Marna and Chuck Davis
Lisa and David Desmond
Karen and Paul DiMaura
Pat and Dom DiNapoli

Susan and Mark DiSanto
Leigh and Rob Edwards
Wendy and Michael Esposito
Margaret Fauber
Barbara and Paul Ferri
Christina and Russ Fisher
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Bonny and Rob Gothier
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Kelly and Joe Hertzman
Diane and Keith Hill
Nancy and Gus Hillenbrand
Ruth Ann and Joe Holl
Teresa and Jay Holmes
Susan and Carter Hopkins
Teresa and Michael Hutchins
Judy and Jerry Jared
Ronda Stryker and Bill Johnston

Stephanie and Ken Karl
Elizabeth and Yasin Khan
Sarina Kinney
Nanci and Nick Lanni
Marilyn and Gary List
Jan and Jim Loomis
Marcia and Tom Martell
Sally and William Martin
Patti and Don McGrath
Karen and Frank McKee
Barbara and Emery Olcott
Linda and Ken Owens
Lauran and John Parker
Maggie and Steve Parker
Nina and Frank Patterson
Tula and George Paxos
Russell Post
Paula and John Reinhold
Val and Brian Rich
Carol Schafer and Tom Yates
Stacy and Benny Scott

Margaret and Patrick Shouplin
Julie and Randy Skoda
Adelaide Skoglund and Bill Legg
Jill and Pack St. Clair
Barbara and Roy Sutton
Connie and John Taylor
Cathy and Harry Totonis
Cathy and Bill Tweardy
Michele and Joe Urbinati
Yvonne and Brock Vinton
Karen and Don Waite
Amy and Michael Walden
Mick Webber
Cheryl and Michael Weiss
Em and Craig Wierda
Trish and Mike Wingate
Stevie and Marshall Wishnack
Gail and Spike Yoh
Lori and Brad Young
Laura and Mark Zausmer
Bonnie and Harold Zeigler

2024 COMMITTEE CHAIRS:

EVENT CHAIRPERSONS:

Pam & John Gibson

EVENT CO-CHAIRPERSONS:

Karen & Jim Davidson

SPONSOR CHAIRPERSON:

Keith Young

ON COURSE CHAIRPERSONS:

Dale Schuble and Sheila Wagner

CROQUET CHAIRPERSONS:

Carol Blackburn and Bill Hinkebein

PHOTOGRAPHY CHAIRPERSON:

Sally Weisleder

GOLF PLAYER COORDINATOR:

Gail Wheeler

2024 COMMITTEE MEMBERS:

PHOTOGRAPHY COMMITTEE:

Sterling Decker

Carol Ellis

Annie Garlich

Karen McKee

Betsy Moody

Amy Olmert

Diana Tweedy

Julie Waite

Brooke Weisleder

Eleanor Williamson

COURSE VOLUNTEERS:

Linda Adams
Carol Blackburn
Lori Cilley
John Cilley
Pam Cook
Lois Delligatti
Kim Elliott
Sue Eisenbrey

Kay Fischer
Gail Freed
Lucy Gilbert
Mickey Gilbert
Phyllis Gorson
Sharon Halpryn
Denise Haney
Kathy Hegenbart

Heather Hogarth
Pat Isenberg
Cathy Jansen
Mary Johansson
Ann Liashek
Annie Miles
Pam Reeves
Allison Roesser

Dale Schuble
Louise Spina
Sheryl Strode
Sheila Wagner
Joanne Wills
Laura Woods

THE 42ND YEAR OF “FUN-RAISING”

The Medical Center is Driven by its Mission: **“To Provide Caring and Professional Medical Services and Health Education to the Ocean Reef Community”**. This requires multi-dimensional support; generosity of spirit, as well as financial funding. We are so thankful for the Ocean Reef community’s participation not only in the Annual “Fun-Raiser” but also the “Boutique D’ Reef” and the “All-Charities” benefit.

The Ocean Reef Medical Center Foundation’s “Founder’s Society” is another important aspect of financial funding for the Medical Center. We encourage everyone to think about joining the Founder’s Society, as so many in the Ocean Reef community have already done.

Our health is a precious asset, and what better way to protect it than with great healthcare? Year after year our dedicated team of professionals continue to rise to the challenge of caring for residents, members, employees and guests. Services such as the visiting physician’s program, FITMed, Private Medicine and Private Medicine Plus are an added enhancement to the core services of primary care, diagnostics, laboratory and physical therapy.

Many thanks to our Premier Sponsor Baptist Health South Florida for, once again, supporting this event and for the wonderful resources they afford the Medical Center both inside and outside the gates of Ocean Reef.

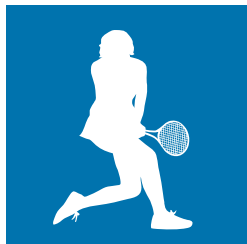
A big thank you goes out to this year’s golf committee and Event Chairs Pam & John Gibson and Co-Chairs Karen & Jim Davidson and all our hardworking volunteers and staff.



Adelaide Skoglund, Chairman
Ocean Reef Medical Center Foundation



Michael Berman, Chairman
Medical Center at Ocean Reef



2024 SPORTING EVENT PLAYERS



Alex Adams	Tony Gestido	Mary Ann Larkin	Philip Russel
Dave Adams	Ann Gibson	Ray Larkin	Iggy Sanchez
Denise Anderton	Jeff Gibson	Cynthia Lee	Laura Sanchez
Jim Anderton	Pam Gibson	John Lee	Jeff Schumer
Paul Archibald	Barry Goldsmith	Mary Lee	Benny Scott
Luis Arguello	Vicki Goldsmith	Patrick Lee	Stacy Scott
Angie Berman	Anne Gormley	Bill Legg	Nancy Sevo
Mike Berman	Glenn Gormley	Ann Liashek	Joanna Silverman
Jodi Betz	Brad Guyton	Jon Love	Shirley Shumway
Michael Betz	Darrell Guyton	Nancy Love	Alan Silverman
Larry Biddinger	Gail Guyton	Luis Machado	Adelaide Skoglund
Mary Biddinger	Kris Guyton	Kathie Markel	Margie Smith
James Bishop	Lisa Guyton	Steve Markel	Mike Smith
Cindy Brammer	Joyce Guyton	Sharon Martin	Raymond Smith
Tim Brammer	Dan Harding	Mike Materna	Bill Stavola
Judy Brand	Barbara Hajim	Gail Mazzei	Deb Stewart
Rick Brand	Ed Hajim	James McCann	Jamie Tedford
Vicki Carr	George Harms	Tania McCann	Dan Teglia
Victor Carter	Debbie Hartmann	Clare Meenan	Karin Teglia
John Chuhinko	William Hartmann	Jim Meenan	Jamie Thomas
Liz Coleman	Scott Heffner	Dave Meredith	Leonard Turowski
Mary Ann Combs	Wicho Hernandez	Michael Miles	Arleigh Tysoe
Carla Connor	William Hinkebein	Bill Miller	Ron Tysoe
Gerald Connor	Tom Honan	Leslie Minsch	Raul Valor
Lesley Cooper	Susan Hopkins	Clarke Moody	Walter Vazquez
Drew Cunningham	Brett Jefferson	Michael Norris	Richard Wallace
Penny Cunningham	Gina Kaplan	Beth Noyes	Alison Ward
Sally Davidson	Jim Kaplan	Bill Nutt	John Weiland
Tom Davidson	Ken Karl	Dedie Nutt	Kathy Weiland
Kathy Davis	Stephanie Karl	Barbara Olcott	Brooke Weisleder
Kathy Deane	Brian Keeley	Emery Olcott	Lee Westervelt
Meg Dieppa	Suzanne Keeley	Tony Olmert	Linda Westervelt
Karen DiMaura	Olivia Kent	Lorne Price	Kathi Whitaker
Cindy Doolan	Vince Kent	Peter Raffalski	Brad Williams
Todd Doolan	Chet Kitchings	John Reed	Carla Wood
PJ Duffy	Suzanne Kitchings	Laura Reed	Leonard Wood
Bob Ecuyer	Ed Kramer	Susan Reichardt	Simeon Wooten
Denise Ecuyer	Patti Kramer	Al Rex	Currie Wooten
Michael Fay	Richard Krantz	Larry Roaseau	Tom Yates
Mariann Florio	Mary Lou Krause	Linda Roaseau	Brad Young
Jennifer Forelli	Carol Kurz	Anne Rolih	Lori Young
Alan Geller	Cristian LaCapra	Hilary Rolih	Elizabeth Zug



2023 FUN-RAISER WINNERS



CARD SOUND

Katie & Bill Miller
Amy & George Joseph

HAMMOCK

Darla & Larry Finley
Mariann Florio & Cal Philips

DOLPHIN

Stacy & Benny Scott
Laura & John Reed



9-HOLE GOLF

Kathy White
Bill Wonfor
Francesca Johnson
Brian Keeley

TENNIS

Flight A
Ginger Pearson
Andy Hofmann

TENNIS

Flight B
Carolyn Allen
Lorne Price

CROQUET

First Place
Judy & Jerry Jared

PICKLEBALL

Mens' First Place
Richard Wilson

PICKLEBALL

Ladies' First Place
Ashley Rowe

\$10,000 RAFFLE WINNER

Antonio Marks

\$5,000 RAFFLE WINNER

Tricia Wingate

\$2,500 RAFFLE WINNER

Henry Salas

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
2023	Amy Joseph/Michelle Urbinati/Pam & John Gibson
2024	Pam & John Gibson/Karen & John Davidson

“Fun-Raiser” Chairs... 42 years of History

1983 - 2024

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 five full-time physicians, two nurse practitioners, along with registered 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)
- Physical Therapy
- Day Clinic
- Visiting Specialist Program
- Provider coverage 24 hours a day

DID YOU KNOW

- The Medical Center serves the Ocean Reef Community, members, guests, associates and contractors.
- The Medical Center has over 25 different specialties and over 50 visiting specialists who treat patients on-site for the convenience of the Ocean Reef community.
- The Medical Center has 5 full-time physicians, 2 nurse practitioners, and a fully staffed Physical Therapy & Sports Medicine Department.
- Our state-of-the-art imaging services include digital x-ray, spectral CT machine, Magnetic Resonance Imaging (MRI), ultrasound and bone densitometry. A combined total of over 3,000 imaging studies were performed in Calendar Year 2023.
- The Medical Center in conjunction with Public Safety delivered over 30,000 prescriptions last year.

2023 CALENDAR YEAR:

- More than 20,000 patient visits (5,900 were office visits and 300 were telemedicine visits) were seen at the Medical Center by our full-time physicians and nurse practitioners, and in addition, over 5,060 more by our Visiting Specialists.
- The Medical Center performed over 1,700 blood draws on patients for laboratory testing.
- The Physical Therapy & Sports Medicine Department provided over 4,100 individual patient sessions.

IN ADDITION:

- The Medical Center can provide routine annual physicals and 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 23rd year at the Medical Center. The Private Medicine Program welcomed over 20 new subscribers this season. Dr. Suzanne Romeo joined the Private Medicine Program full time in 2022.
- When necessary, the Medical Center can make arrangements with "Centers of Excellence" in healthcare both locally and nationally.
- We now offer FitMed, a physician guided 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 hospital admission 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, including the Total Care Membership Package, all 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.



SHOULDER INJURIES AND THE BENEFITS OF PHYSICAL THERAPY

Shoulder injuries can be a real pain, literally and figuratively. Whether it's a rotator cuff tear, a dislocation, or a frozen shoulder, these injuries can significantly impact your quality of life, making even the simplest tasks a challenge. However, there's a ray of hope on the horizon – physical therapy.

Shoulder injuries are a common problem, and they can affect people of all ages and lifestyles. Whether you're an athlete, an office worker, or a stay-at-home parent, a shoulder injury can bring your daily activities to a screeching halt. The good news is that physical therapy can be a game-changer in your journey to recovery.



One of the primary benefits of physical therapy for shoulder injuries is pain relief. Physical therapists are experts at pinpointing the source of your pain and devising a personalized plan to address it. Through a combination of exercises, manual therapy, and modalities like ice or heat, they can help reduce pain and inflammation, allowing you to move more comfortably.



Physical therapy also aims to improve your range of motion. After a shoulder injury, you may find it challenging to lift your arm, reach overhead, or perform simple tasks like combing your hair. A physical therapist will guide you through a series of exercises and stretches designed to gradually restore your shoulder's flexibility and mobility.

Another crucial aspect of physical therapy is strengthening. Your shoulder needs to be strong to support the demands of daily life. Physical therapists will develop a strengthening program tailored to your specific injury and goals. Through resistance exercises and gradual progression, they help rebuild your shoulder's strength and stability.

Furthermore, physical therapy plays a vital role in preventing the recurrence of shoulder injuries. Therapists work with you to correct any underlying issues in your posture, movement patterns, or muscle imbalances that may have contributed to the injury in the first place. This not only aids in your recovery but also reduces the risk of reinjury.

The benefits of physical therapy extend beyond the physical aspects. It offers psychological support too. Coping with a shoulder injury can be emotionally challenging, as it can limit your independence and disrupt your daily routine. Physical therapists offer guidance and motivation, helping you stay positive and committed to your recovery.

In conclusion, shoulder injuries can be a real hindrance, but physical therapy offers a path to recovery and a return to pain-free living. It's a holistic approach that not only addresses your physical needs but also provides emotional support throughout your healing journey. If you're dealing with a shoulder injury, don't hesitate to explore the benefits of physical therapy – it might be your key to a brighter, pain-free future.



BACK PAIN - IS IT SCIATICA?

Sciatica is a term that refers to symptoms such as leg pain, tingling, and numbness that can radiate down through the buttocks into the back of the leg. Most often sciatica is caused by a disc problem and the resulting pressure it creates on the nerve root.

“Sciatica can be caused by a disc pushing on one of the spinal nerves, and sending electrical sensations down the leg, below the knee and into the calf and foot,” says [Ronald Tolchin, D.O.](#) medical director of Baptist Health Center for Spine Care, part of the [Baptist Health Neuroscience Center](#). “If you have sciatica, it could be more painful to sit because the disk protrudes more on the nerve in the sitting position.”

Standing is usually more tolerable, but not bending or sitting, he added.

How does sitting on a ball help those with sciatica? Sitting on the exercise ball forces a person to contract spinal and abdominal muscles to stabilize the body. By strengthening these “core” muscles, you can reduce sciatica pain by reducing the stress on the spine and utilizing the core muscles for support.

“Contracting those muscles really helps alleviate the pain,” says Dr. Tolchin. “The ball forces you to be more upright and that’s more tolerable for sciatica sufferers.”

SUFFERING FROM BACK PAIN?



Look no further - the Medical Center has full diagnostic capabilities with MRI, CT, X-ray and ultrasound. Dr. Ronald Tolchin is one of the Medical Center visiting specialists and the Center’s excellent team of physical therapists can assist with any prescribed physical therapy needs.

A photograph of a medical center building with palm trees and a sign that reads "MEDICAL CENTER". The sign is a blue plaque with a white border and a white caduceus symbol at the top. The text "MEDICAL CENTER" is in white capital letters. The background shows a large palm tree and a building with a covered walkway.

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

Pam and John Gibson
Karen and Jim Davidson

on the success of the
42nd Annual "Fun-Raiser"

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



**“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

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Key Largo, FL 33037

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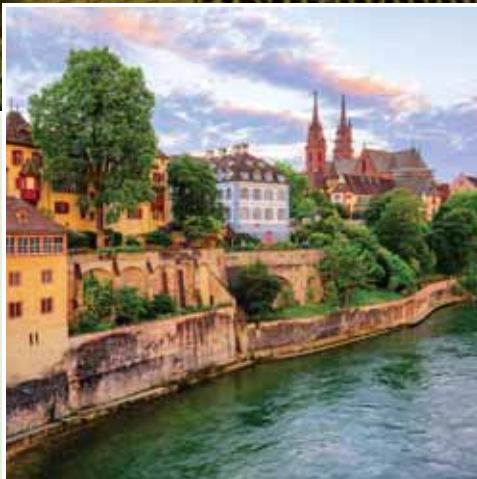
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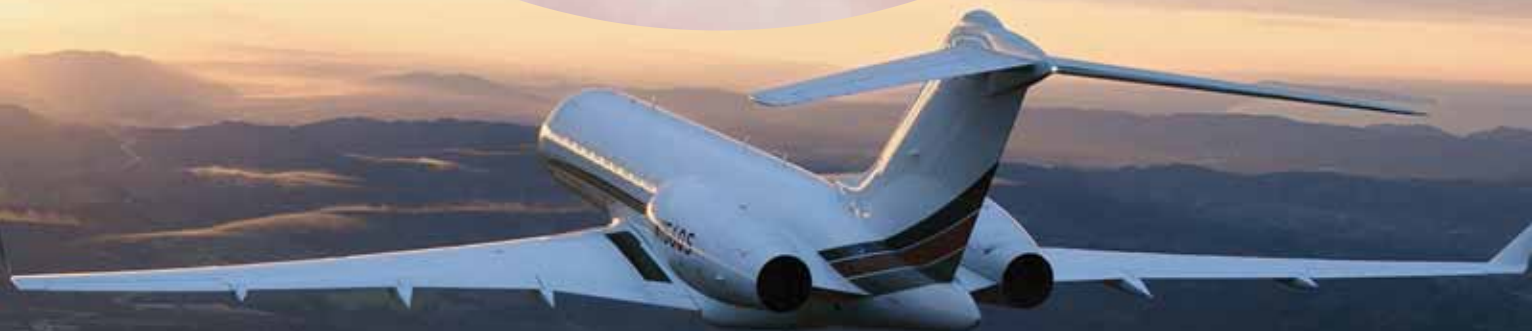
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