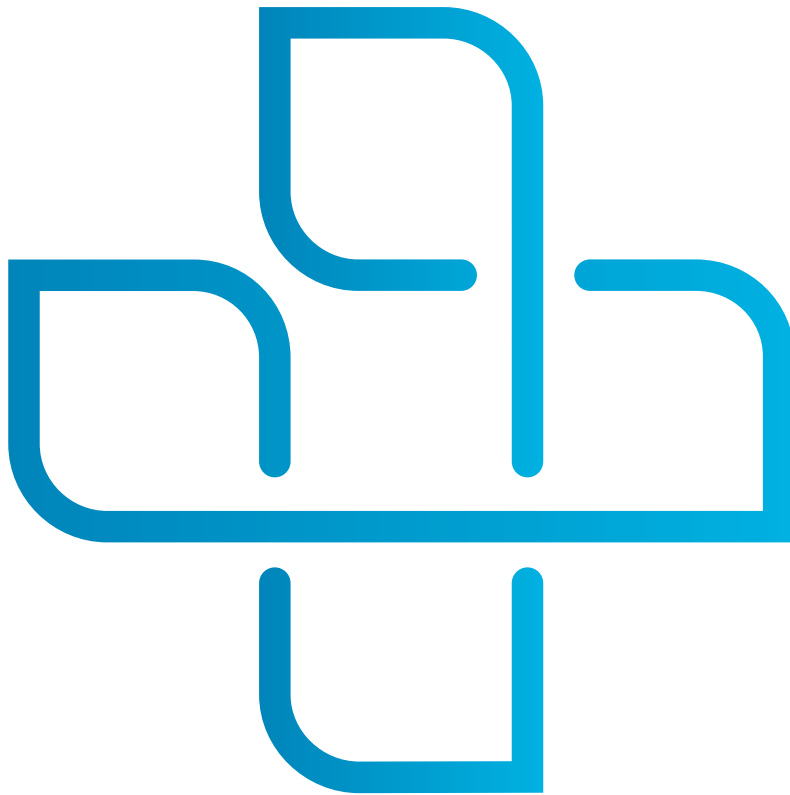


Thrive!

SUMMER 2019

Flagler Health+



The Power of + is here.

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Flagler Hospital Expands Heart and Rhythm Center

Flagler Hospital is reaching new heights in cardiovascular care this year, thanks to the addition of a new electrophysiology lab that opened in February. The 1,000-square-foot space features state-of-the-art equipment and marks a major expansion in the already-substantial services the hospital previously offered in cardiovascular care.

For Dr. Neil Sanghvi, Director of Electrophysiology Services at Flagler Hospital, these new offerings mean that Flagler Health+ has officially made the transition of becoming a complete cardiovascular care center, which was one of the primary goals of the new lab. Having broad oversight of the project from day one, Sanghvi was interested in making the expansion of the new lab something that would truly expand the scope of services.

"We've been able to treat some slow rhythms with pace makers, some fast rhythms with implantable defibrillators, but many rhythms are not treated with either of these devices," he explained.

Rather than sending out a significant amount of patients for specific services as in the past, the new lab allows for a full array of new services to be conducted at the hospital, including SVT, ventricular tachycardia, and atrial flutter and atrial fibrillation ablations with the use of radiofrequency or cryoballoon technology. Additionally, the hospital is also anticipating putting a left atrial appendage closure program into place in the near future.



For Sanghvi, who previously had to send patients north to Jacksonville to undergo these treatments, the idea of allowing patients to remain close to home during these procedures is one that sits well with not only himself, but his patients as well. "It is nerve wracking to think about having a treatment done to your heart. It's anxiety provoking, it's scary, and then on top of that we were telling them you have to travel to an area that you're not familiar with, in an area that may be daunting with staff that you may not be familiar with, to get high level care," he explained. "I'm very happy to be part of helping expand that service line down here so that way, our patients don't need to leave the community," he said.

When performing these new procedures, the doctors and specialists at Flagler Hospital have the latest set of technology at their fingertips. Powered by GE, the fluoroscopy system will work in tandem with the Discovery System, a robotic system which allows full 360-degree movement around the table during procedures, as well as stationary docking of all parts of the machinery while not in use.



On the computer technology front, the hospital has partnered with Abbott Laboratories, and will feature the latest version of the Ensite Precision 3D cardiac mapping system, as well as it's Workmate Claris recording system, which allows for seamless collection, display, and storage of data from multiple sources in the lab simultaneously. The room itself was also designed with emphasis on maintaining optimum signal quality for all of these devices, which included test simulations from hospital staff from anesthesia, IT and the biomedical department, alongside staff from Abbott and GE. Adding to the precision and efficiency that the use of the technology will provide, it also allows for length of procedures to be much shorter, as short as 45-55 minutes in some cases.

Flagler Hospital Unveils New Health Enterprise: Flagler Health+



With the announcement of Flagler Health+, the hospital is also introducing virtual urgent care visits available via its website and mobile app, downloadable in the Apple and Google Play app stores beginning today.



Earlier this year, Flagler Hospital introduced Flagler Health+, its new and expanded healthcare enterprise with a vision to advance the physical, social, and economic health of St. Johns County and surrounding Northeast Florida communities.

“As we expand to Flagler Health+, we are transforming from a hospital-centric system to a total care enterprise aimed at improving all aspects of health for people and communities,” said Flagler Hospital President and Chief Executive Officer Jason Barrett. “We are working to eliminate disconnected, episodic interactions and instead create a seamless relationship of care throughout the journey of life.”

Flagler Health+ is expanding to include health villages in Nocatee and Murabella and other locations. These villages will offer a wide range of services including urgent care, pediatrics, obstetrics, gynecology, lab services and primary care supported by robust and innovative digital engagement features. Central to the village concept is dedicated green space to serve as the community’s center point for wellness activities for mind, body and spirit. The Flagler Health+ Village at Murabella also incorporates a YMCA.

With the announcement of Flagler Health+, the hospital is also introducing virtual urgent care visits available via its website and mobile app, downloadable in the Apple and Google Play app stores, beginning today. The app has allows patients to see a board-certified physician doctor in the comfort of their own home or office. This is a convenient way to seek care for things such as a sinus infection, rash or other non-life-threatening illnesses.



Todd Batenhorst, VP of Ambulatory and Primary Care Services, Jason Barrett, President and CEO, Matt Baker, Previous Board Chair



Jason Barrett announcing the new Flagler Health+ brand to the employees at Flagler Hospital

“Northeast Florida is vibrant and growing and Flagler Health+ is our promise to deliver new services in new ways and in new places, while helping our patients and communities thrive,” added Barrett. “We know healthcare has lagged behind other industries when it comes to delivering the convenient, personalized service that today’s consumer wants. We are closing that gap.”

As part of its focus on addressing social determinants of health, Flagler Health+ is expanding Care Connect – its community alliance designed to connect area residents with resources in a coordinated way throughout all of St. Johns County. In the coming year, Care Connect will introduce programs that further to support mental health in adolescents while continuing to focus on key issues like homelessness and access to care.

Flagler Health+ is laser-focused on reducing healthcare costs and ensuring patients receive the right care at the right time in the right place with an emphasis on prevention.

“When it comes to helping our patients predict and understand healthcare costs, co-pays and insurance coverage, we know there is a lot of work to be done. Health insurance plans are expensive, complex and varied. To further add to the challenge, every patient’s experience is unique even in instances where the same procedure or test is being performed. At Flagler Health+ we are focused on improving financial literacy, increasing price transparency and developing better engagement tools.” Murray S. Marsh, Jr. Executive Vice President & Chief Financial Officer recently stated in an open letter to the community.



To learn more about Flagler Health+, visit www.flaglerhealth.org.

Flagler Health+

Flagler Health+ is a total care enterprise aimed at advancing the physical social and economic health of Northeast Florida communities. From serving as the lead agency for St. Johns County’s Continuum of Care with an aim to end homelessness, to bringing a new concept in health villages throughout the region, Flagler Health+ is a caring partner throughout the journey of life. Flagler Health+ is an extension of Flagler Hospital, which has a 130-year legacy of caring for the community. The 335 bed hospital has been named among America’s 100 Best hospitals out of nearly 4,500 nationwide. Flagler Hospital has also earned the Gold Seal of Approval™ from the Joint Commission for primary stroke care centers, national accreditation for its total hip and total knee replacement programs, accreditation from the American College of Surgeons’ Commission on Cancer, Center of Excellence designation for its bariatric surgery center, and ANCC magnet status for nursing excellence. Learn more at www.flaglerhealth.org.

Meet 2019 Flagler Hospital Employee of the Year Mike Jones

BY PATRICK APPOLONIA



"I'm going to go out there, do the best I can, and be happy with it."

Noble words from a noble individual. Congratulations Mike Jones.

With a large smile across his face and a bounce in his step, Flagler Hospital transporter Mike Jones had a positive energy you might expect resonating from someone who was just named the 2019 Flagler Hospital Employee of the Year, when we met with him recently to discuss his achievement. However, in spending time with Jones, and hearing the sentiments of his co-workers, it becomes quite clear that these characteristics are not owed to the results of receiving an award, but rather trademarks of an individual that enjoys life, his job, and serving his community.

Starting at Flagler in 2016, Jones explained that while he certainly feels at home in his role as a transporter, the way in which he landed it was more a matter of happenstance, stemming from the acknowledgement of his ability to connect with people.

"I initially came for another position but my director Maria Mas, put me in for another position. She said I don't want you sitting in a room, you should be out communicating with people," he explained.

While he took to the position naturally, he explains that it wasn't without its fair share of learning in the beginning of

his new endeavor as he adapted to the often fast-paced world of working in a hospital.

"It was a lot, learning the building, meeting your co-workers, but it's a good journey," Jones said. When asked what is most rewarding about his job, he doesn't hesitate to answer. "The people I meet, the patients and the employees. I enjoy my co-workers very much." Judging from their interactions with Jones, the feeling appears to be mutual.

When he's not at the hospital, Jones uses his free time to travel, citing his affinity for exploring new places, and also making time to visit friends and family. On one of his most recent trips, he got to do a bit of both while on a trip to Vancouver, Canada where he visited his cousin, and had his first experience hiking, one that it seems he won't soon forget. "(Hiking) was pretty awesome, serene, relaxing. You don't know you need that much relaxation until you get there," he said.

When it comes to the future, Jones has his sights set on continuing to serve his community as he is currently in school pursuing a career in law enforcement where he hopes to be seen as a partner in the local community, a word he feels

has gotten lost in the fold in recent times, and one he would like to help bridge the gap on in his next career.

"I always say 'try to make neighborhoods into communities.' We're building so many neighborhoods but we don't have the sense of community anymore, so that's my goal," Jones said.

While the scenery and job description will see Jones taking on a different role in the community than his current one, he seems to carry the same sense of care for people and making an impact upon those around him. When asked if he has a personal mantra or piece of advice he would give to most anyone, he also says it's simple efforts that can make a big impact.

"Just getting out there and trying to help people. You don't need to be a politician to make a change," he says.

For someone as revered as Jones, the new Employee of the Year doesn't appear to carry any pressure on his shoulders, but rather plans to just keep taking each day in stride as he moves forward with his life, and his career.

THE PLAYERS launched enhanced Volunteer Village presented by Flagler Health+

Flagler Health+ was pleased to sponsor the Volunteer Village at THE PLAYERS 2019. Volunteer Village serves as “home” to the more than 2,000 volunteers who help make the tournament possible every year. This sponsorship enhanced the on-site experience for the volunteers who selflessly donated their time and energy throughout the week.

“At Flagler, we understand that social determinants play an important role in a person’s overall health. Studies show that volunteerism specifically can reduce depression, improve brain function and decrease stress levels,” commented Flagler Health+ President and CEO Jason Barrett. “As two of St. Johns County’s most prominent employers, it makes perfect sense for Flagler Health+ and THE PLAYERS to partner, and we are excited to support the Volunteer Village. We are building healthier communities, together.”

As THE PLAYERS continues to grow so does the demand for volunteers. Comfortable seating, volunteer bags, inclement climate weather gear and refreshments are just some of the necessities that Flagler Health+ added to Volunteer Village.

During the week of THE PLAYERS, Flagler Health+ staff visited Volunteer Village and brought hand sanitizer and sunscreen to give to the volunteers, and presented a raffle opportunity where the volunteers could enter to win a free FitBit Versa. Jason Barrett, President and CEO of Flagler Health+ announced the winner of the raffle, and thanked the volunteers for their commitment and dedication.

“THE PLAYERS could not operate at such high-levels without the thousands of hours put in by our 2,000 plus volunteers,” said Jared Rice, Executive Director of THE PLAYERS. “It’s extremely important for us to make sure our volunteers are cared for, both on and off the course. Thanks to Flagler Health+, their entire experience will be improved.”



Jason Barrett, President and CEO of Flagler Health+, with last year’s previous Players Champion, Webb Simpson



Carlton DeVooght, EVP/Chief Administrative Officer and Counsel (2nd to left) with Adam Campbell of THE PLAYERS, and special volunteers inside the Flagler Health+ Volunteer Village area



About THE PLAYERS Championship

THE PLAYERS Championship annually combines the best field in golf with the world-class venue that is THE PLAYERS Stadium Course at TPC Sawgrass. Optum®, Morgan Stanley and Grant Thornton LLP are the exclusive Proud Partners of THE PLAYERS. Proceeds from THE PLAYERS benefit Northeast Florida charities and have totaled \$100 million since the event moved to Ponte Vedra Beach in 1977, including a record \$9 million generated in 2018. For more on THE PLAYERS, visit THEPLAYERS.com. For more on the surrounding areas, visit floridashistoriccoast.com or visitjacksonville.com.

About Optum

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PUBLIX^{AND} FLAGLER HEALTH+ COLLABORATE TO IMPROVE CARE



Jason Barrett, President and CEO of Flagler Health+ and Publix Vice President of Pharmacy Dain Rusk (left)

Publix Pharmacy and Flagler Health+ announced an exclusive collaboration to improve the delivery of health care to the residents of St. Johns County, Florida. The collaboration initially includes three Flagler Health+ branded telehealth sites at Publix locations throughout St. Johns County and an on-site Publix Pharmacy at Flagler Hospital.

"Publix is dedicated to serving our communities, and using technology to make health care more convenient and affordable is one way we can improve the lives of our customers and associates," said Publix Vice President of Pharmacy Dain Rusk. "Flagler Health+ has a 130-year history of providing the best possible care to the St. Johns County community. We believe this collaboration reflects our common values and will allow both of our organizations to provide better access to health care for everyone in the area."

"We are extremely pleased to collaborate with Publix Pharmacy. Our shared passion for strengthening communities, improving health and delivering customer value serves as a solid foundation for bringing innovative products and services to the residents of St. Johns County," stated Flagler Health+ President and CEO Jason Barrett. "Having served Northeast Florida since 1889, we take the trust our community places in us very seriously. Our decision to align with Publix, one of the world's most admired brands, reflects that."

The telehealth sites will have a private room with teleconferencing and medical diagnostic equipment, including stethoscopes, blood pressure cuffs,

high-definition cameras and other tools necessary for common diagnoses. The telehealth sites allow patients to speak directly via video conferencing technology with a board-certified physician. The physician can direct the patient to use the available diagnostic tools in order to make a diagnosis and write any necessary prescriptions. Publix Pharmacy support staff will be available to assist patients, if needed. Fees to use the telehealth site are expected to be competitive with a normal doctor's office copay, and appointments will not be needed. The locations and opening dates of the telehealth sites are to be determined.

In addition to telehealth services within its stores, Publix opened a pharmacy within Flagler Hospital. This pharmacy is the 12th Publix Pharmacy operating within a hospital.

This is Publix's second collaboration with a regional health system to provide in-store, walk-in care. Publix currently collaborates with BayCare Health System to offer similar telehealth services in four counties around Tampa, Florida. The collaboration is a strategic part of the Flagler Health+ vision to advance the physical, social and economic health of the communities it serves.

During the grand opening of the Publix pharmacy within Flagler Hospital, Publix Vice President of Pharmacy Dain Rusk and Flagler Health+ President and CEO, Jason Barrett, along with several other employees of Flagler Health+, celebrated this monumental opening, with an appropriate green ribbon cutting and tasty Publix cake!

Local Heart Attack Survivor Encourages Others to Learn More About Symptoms & Adopts Life-long Exercise Plan with Help from Cardiac Rehabilitation Program

BY JENNIFER JAMACK



According to The American Heart Association, a loved one dies from cardiovascular disease every 38 seconds. To help combat this, Flagler Hospital joins with the rest of the country every February to raise awareness about heart disease and how people can prevent it. This year, Flagler opened its new electrophysiology lab to deliver the latest and most advanced treatments for all types of cardiac arrhythmias. The hospital also participated in Go Red for Women day and is working to spread awareness that heart disease is the #1 killer of women, especially if it remains untreated.

Recently, we had the honor of speaking to Joanne Zunino, age 57, a graduate of Flagler's Cardiac Rehab program. Joanne wanted to share her story in hopes that more people would pay attention to any signs and symptoms that are out of the norm for their body, and seek medical help before it is too late.

For several weeks before her heart attack, Joanne was feeling overwhelmingly tired, even sleeping 26 hours straight at one point. She continued to experience frequent fatigue and shortness of breath throughout the day. Rather than seeing a doctor, Zunino scoured the internet for answers, hoping to find clarity for what she thought might be a bigger problem.

"I think I knew something was wrong on the inside, but was afraid to admit to myself that it was something this serious," she shares.

Then, one day while doing her weekly grocery shopping with her best friend Louisa and her husband Mario, Joanne suddenly felt extreme shortness of breath and her chest felt incredibly tight, almost as if it was pulling apart. Joanne told her husband to call 911 and she was transported to Flagler Hospital immediately. At the ER, Joanne was told she was experiencing 100% blockage in the left anterior descending artery and needed an angioplasty with two stents. The heart team acted quickly and saved her life.

After surgery and a short stay in the hospital, Joanne had a three-month follow-up visit with her doctor, and another six month visit to ensure she was healing properly. With her health back on track, Joanne was referred to Flagler's cardiac rehabilitation program.

The cardiac rehabilitation program is a medically-monitored program held three times per week for one-hour sessions. The goal is to educate and train patients for a lifetime of independent exercise. Joanne began attending the program last March and describes it as an easy way to learn how to exercise while being monitored and a

secure method of doing activity after experiencing a medical hardship.

The program allows patients to experience phases of exercise gradually such as: aerobic exercise, free weights/machines, and then ultimately leading to self-exercise. Joanne spoke about the positive social aspects of the program as well, noting how nice it was to have other people to compare notes with and talk about her heart condition and progress. It made her feel like others understood how it felt to go through similar situations and she could make new friendships based off this life-altering event.

After graduating from the cardiac rehab program, Joanne voluntarily joined the maintenance wellness program (Phase 3) where she could exercise on her own but with staff supervision. "It gives me great comfort to know there are trained clinicians on site in case of an emergency," she shared.

Research has shown that patients who successfully complete a cardiac rehabilitation program significantly decrease their hospitalizations and ER visits, while having fewer symptoms and future episodes. For more information about the cardiac rehabilitation program please call 904-819-4338 or visit www.flaglerhospital.org.



Spring Into Wellness –

Health, inspiration, guidance, and permanent connections made by experts and real women who wanted to embrace healthy living

BY JENNIFER JAMACK

Imagine being a hard-working mom or a busy entrepreneur who always feels like there is not enough time in the day to get important things accomplished. One of the things that Flagler Health+ is focused on as a total health enterprise is the social health of the communities we serve. That means, making the lives of our patients, moms, business owners and community members easier, by providing tools and options to increase their overall wellbeing. We thought Spring was the perfect time to bring in some wellness experts from Flagler Health+ to help women embrace their individual health journeys, while also learning how to live their best lives.

In March, we partnered with St. Augustine Social Magazine at Nocatee Crosswater Hall, to celebrate the women who balance a healthy lifestyle while still handling their other obligations and aspirations. The day started off with a mini-retreat with a relaxing meditation session and lesson about overcoming burnout from our EAP and Wellness Coordinator, Dr. Renee Wyden. Meditation was followed by a nutritious meal prep demonstration from Tasha Peters, owner of

By Design Catering, who taught the attendees how to zoodle zucchini and make tasty lean meatballs for a quick meal at home.

The retreat then shifted to clearing clutter with professional organizer Barbara Trapp, owner of Zen your Den. After laughing about things we all do when we are stressed that create clutter, we continued the afternoon with “Laughter Yoga” with Amy Angelilli, founder of The Adventure Project. During the laughter yoga session,



Yoga with Seka Collins, Interior Design Manager at Flagler Health+ and Yoga Instructor



Wellness Panel participants and FH+ marketing team



VP of Marketing and Communications, Gina Mangus

participants experienced laughter exercises to release tension and generate therapeutic breathing. Next up was a yoga session on the lawn hosted by Seka Collins, Flagler Health+ Interior Designer, local mom and Certified Yoga Instructor. The group found their zen outside with a relaxing yoga flow.

Doors opened for the evening networking session, and the attendees were presented with a beautiful appetizer spread catered by Tasha and her team at By Design Catering. Attendees also had an opportunity to learn about St. Johns County's new Crisis Text Line and plans to implement more resources for mental health within St. Johns County schools. Finally, Chennell Ramos, Digital Journalist and Talent Coordinator,



Wellness panel



from WJXT Channel 4 moderated a panel discussion made up of healthcare providers and wellness enthusiasts. This included Dr. Susan Yarian from OB-GYN Associates of St. Augustine, Dr. Renee Wyden, Flagler Health+ Employee Assistance Coordinator, Lauren Giles, FitMamas Tribe Founder, Tasha Peters from BDC Meal Prep Delivery, and Kelly Reid-Nesbeth, Zumba Instructor. Panelists shared empowering stories about their own successes over challenges like breast cancer, weight loss and stress. The evening closed with a question and answer session. Flagler Health+ has plans to host more wellness events in the future. Stay connected with us on Facebook!

FLAGLER HEALTH+ EMPLOYEE STEPS INTO A HEALTHIER LIFE AFTER HEART ATTACK & STROKE

BY JENNIFER JAMACK

Ebony is a 34-year-old woman who defeats all odds. She is strong, courageous, and determined to enhance her overall health after recovering from not only a heart attack, but also a stroke. She did so with help from the Flagler Health+ CareSteps program



Ebony before and after

"After struggling to learn to walk, speak, and function all over again, I feared my life may never be completely normal again," said Ebony. Most importantly Ebony recognized that if she continued to follow the path of unhealthy eating, she would likely end up right back in the hospital.

An employee of Flagler Health+, she decided to join the CareSteps wellness program. This program offers a personalized approach to help all of the organization's benefits-eligible employees achieve their wellness goals, no matter how big or how small.

"I really wasn't ready to start a weight loss journey," she continued, "but my diabetes, high blood pressure and medical emergencies inspired me to take a leap of faith."

She made an appointment with Wellness Coordinator Kyle Murdock and opened up about her obsession with juice and poor daily eating habits. Kyle initiated a plan where Ebony would carefully log her food intake, and they would conduct bi-weekly

meetings to review her progress and make an overall lifestyle change.

"I have tried so many diets it's not funny," she said. "I could always lose the weight but never keep it off. Kyle helped me adopt a complete lifestyle change, not a diet."

During the bi-weekly counseling sessions, Kyle provided guidance, conducted a biometric screening, and provided tips on how to make her food log more successful.

"The one thing about this relationship that stood out to me was the ease of speaking with Kyle. He never made me feel judged." Knowing that Ebony was able to rely on Kyle's expertise, helped her stay true to herself and want to do her best with losing the weight and sticking to her wellness plan.

In over a year, Ebony has lost 70 pounds and 10% body fat!

"For anyone trying to lose weight or start eating healthier, I want to say, don't give up. This did not happen overnight, nor is it a quick

fix. You didn't put the pounds on overnight, and you won't lose them overnight, but if you keep going, you will get to your goal."

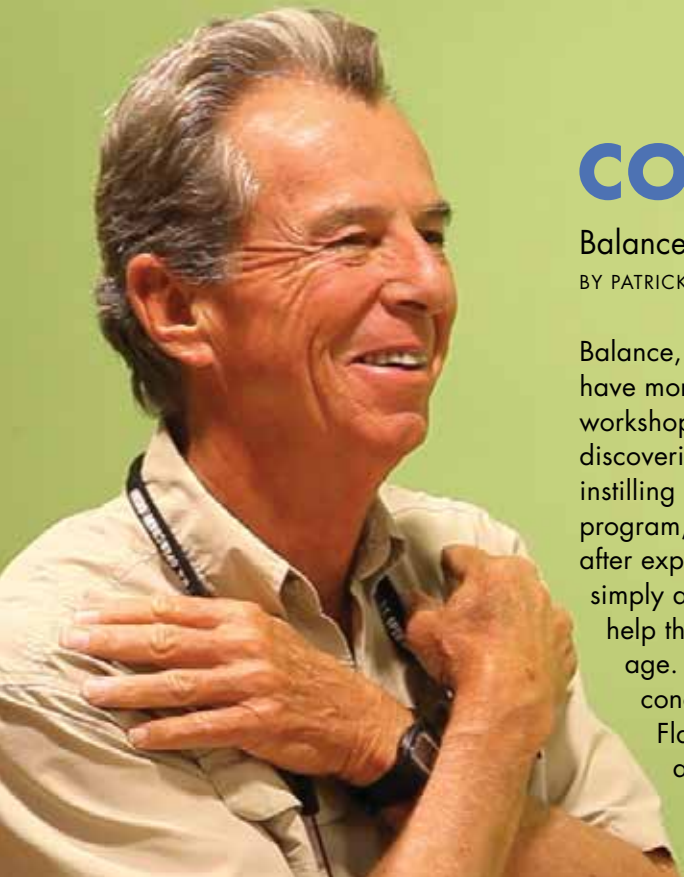
Ebony's new goal is to reduce the amount of medication she is taking, and ultimately feel good in her clothes.

"One of the most rewarding parts of my journey has been helping my whole family change their eating habits and start exercising more often," she added. "My cousin started going to the gym with me three days a week, and has also tried to remain supportive in developing a healthier lifestyle after seeing my success."

"Coach Kyle" has been with Ebony every step of the way and loves seeing her become more confident, happy, and determined to achieve other goals in her life after getting through multiple hurdles. "This has been an incredible journey to follow. She seems to now have an attitude that she can do anything – and I believe her," he smiles.

About CareSteps

CareSteps offers unlimited one-on-one wellness coaching sessions, group fitness classes such as HIIT and Power Yoga, free wellness center access, fun challenges, employee assistance program services, mindfulness meditation classes and more. Flagler Health+ employees have the opportunity to earn paid time off for participating in personal health and development programs. This 'wellness your way' approach is designed to assist employees on their wellness journey.



CORE CONFIDENCE

Balance Workshop Aims to Help Seniors Regain their Stride

BY PATRICK APPOLONIA

Balance, regardless of context, is something that most people strive to have more of in their lives. For the participants of the Better Balance workshop at Flagler Hospital's Wellness Center, it's not only about discovering the principles of improving their physical balance, but instilling a sense of confidence as well. For many in the six-week program, the sense of confidence in walking has been tarnished after experiencing falls or near-falls. For others, taking the class is simply about taking precaution and learning techniques that will help them maintain balance while walking as they reach advanced age. "This is a workshop designed for older adults who have any concerns about their balance at all," says Heather LeShane, Flagler Hospital Physical Therapist, leader of the program. "It's a friendly and safe environment where people come together, all with the same concerns, to learn how to gain their confidence while walking."

Many people who have taken the class did so after an incident that altered their mobility. The class supports their desire to regain confidence and live life as fully as they were prior to the health issues or injuries they endured. Herb Greenleaf of St. Augustine is one such example. After sustaining a broken hip which ultimately required a hip replacement due to a fall he experienced while gardening, Greenleaf had a simple reason behind enrolling in the program. "I didn't want to fall again, and I was cautious about walking," Greenleaf explained. He also offered up some encouraging words to any of those with similar situations or issues with balance that may feel apprehensive to try the program, and rather than opting to limit their mobility out of fear of being subject to fall. "Don't be afraid what you have to do," he said. "It's worth coming here, taking the class, and living your life."

For another program participant, 94 year-old Dorothy Israel, the class was something of a preventive measure to help with a personal problem with balance that she acknowledged for some time but instead of attempting to remedy the problem, she found herself overcompensating for the lack of confidence she had. "When you get older, you tend to look down when you walk because you're afraid of falling." Over the course of the program, Israel says she has made great strides with not only her ability to keep her head up while she's walking, but also reaching milestones that may have seemed far out of reach upon first entering the course when practicing some of the exercises at home, like standing on one leg. "Every night, I tried to stand on one leg, and I started with one second; now I can do it for twenty seconds," she said, adding "It definitely gave me a sense of where I was and where I could be."

While LeShane is the head of the program, she's not the only instructor in the classroom over the six-week duration, as she calls upon other instructors that specialize in different areas of expertise, including tai chi, occupational therapy, meditation, and even a pharmacist and licensed counselor. It's through this diverse set of skills that LeShane said helps diversify the exercises, and helps her students get the most out of the program. "Because balance has many aspects, we try to cover all of those...each week is a blend of exercise and education," she said. "It's very rewarding when I see someone showing improvement in their balance, by taking action and seeing them feeling better about themselves."

The Better Balance workshop is a recurring six-week program that takes place year round. For more information, or to enroll in the next session, call 904-819-5243.

Flagler Health+ and the City of St. Augustine to Introduce New Bike Share Program

BY PATRICK APPOLONIA

Local residents can be prepared to see some new teal bikes roaming the streets later this Summer when the City of St. Augustine and Flagler Health+ roll out their new bike share program in partnership with Gotcha, a mobility company based out of Charleston, South Carolina. For the city, the bike share will serve as part of a multifaceted effort to improve mobility in all forms, including traffic management, park-and-ride shuttle operations, and continual enhancements for pedestrian access and safety. Flagler Health+ will serve as sponsor of the program, which is one they believe falls directly in line with their vision as a total-care enterprise in St. Johns County. "We are extremely pleased to partner with the City of St. Augustine and Gotcha to bring this health and mobility solution to the area," said Jason Barrett, President and CEO of Flagler Health+. "This program supports our vision to advance the physical, social, and economic health of the communities we serve, by promoting active living while also positively impacting mobility for local residents."

St. Augustine is one of several Gotcha locations set to open this year. The company, which currently runs nearly 50 programs nationally across 26 states, focuses on sustainable shared mobility and boasts being the only mobility-as-a-service company in the United States that offers four sustainable micro-transit products-e-bikes, e-scooters, e-trikes, and 100%-electric ride share vehicles. The initial plan for the program will see St. Augustine having access to a fleet of 100 e-bikes, which will be stored at 13 designated mobility hubs throughout the city when not in use. These hubs are GPS monitored, allowing riders to view where they can pick up and return their bikes via the Gotcha mobile app. The app will also allow riders to pay for their ride using a variety of payment methods, and will offer daily, monthly and annual plans. Notable features of the bikes themselves include a storage basket, as well as an e-pedal electronic assist mechanism that allows riders to travel further, faster. For the city, they see this type accessibility as a platform that matches perfectly with the initiative of simplifying transportation. "We are excited to launch this sustainable transportation option that will provide a mobility solution for many residents and visitors alike," said Reuben Franklin Jr., P.E., Mobility Program Manager for the City of St. Augustine. "Without a doubt, this option will serve to enhance movement in and around our beautiful historic city," he added. The program is slated to kick-off with a launch event late Summer 2019.



Primary Care and Pediatrics at Palencia

Choosing a doctor is an important decision. At Flagler Health+ Primary Care and Pediatrics, our board-certified pediatricians and primary care physicians are here to treat you when you're sick, but most importantly, we are also here to keep you and your family well.

Our preventive care, behavioral health, disease management and wellness offerings are all designed with your health and well-being in mind. Our practice also offers convenient online scheduling, virtual visit options and extended hours to support your busy lifestyle.



The
Power
of +

OUR EXPERIENCED CARE PROVIDERS

Dr. Juliana Raymaker, MD



A board certified family medicine doctor, Dr. Raymaker has a great passion for helping patients achieve their optimal health. Her areas of expertise include diabetes management, preventive care, chronic disease management and health education.

Dr. Meredith Brazell, DO, FAAP



A board certified Pediatrician, Dr. Brazell has trained at Augusta University, and is a graduate of AT Still University as well as the University of North Carolina-Chapel Hill. Her special interests include childhood obesity prevention, ADHD, and newborn care.



**FEELING DOWN OR IN A CRISIS?
TEXT **CARE4U** TO 741741
TO REACH A TRAINED CRISIS COUNSELOR.**

Free, 24/7 confidential crisis support by text.

Flagler Health+ has partnered with Crisis Text Line to bring its own unique text code to St. Johns County. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support through a format that young people already use and trust: text. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform, and helps people in need move from a “hot” moment to a cool one. This is just one of the many innovative solutions Flagler Health+ is delivering to advance the physical, social and economic health of communities we serve. That’s the Power of+. For more information visit: www.stjohnscareconnect.com/partners

