

Spectator

October 2022



BROWARD HEALTH

CORAL SPRINGS

and
Not My Daughter
Team Up For
Breast Cancer
Awareness!

See Pages 5 & 6
for more details.



Sundays 9AM-1PM

Equestrian Center • 8350 Ranch Road

November 6, 2022
Opening Day

November 20, 2022
Cultural Awareness and Inclusion

December 4, 2022
Craft Fair

December 18, 2022
Craft Fair

January 8, 2023
Health & Wellness

January 22, 2023
*Business Expo/
Public Safety*

February 5, 2023
Pet Expo

February 19, 2023
Craft Fair

March 5, 2023
Birthday Celebration and Car Show

March 19, 2023
Craft Fair

April 2, 2023
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TO: NOT MY DAUGHTER... FIND A CURE NOW!

Founded in South Florida in 2010 and donating 100% of proceeds to breast cancer research-based organizations.

SCAN HERE TO VISIT NOT MY DAUGHTER



ITALIAN

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FOOD & DRINK

SCAN HERE TO VIEW OUR MENU





Publishers, Shellie & Scott Farrugia

It's All About Community!

Time to THINK PINK!

Here we go again! It's Breast Cancer Awareness month and most of us are familiar with the sentiment. Pink has become the unofficial color of October, save for the orange/black splash at the end of the month for the trick-or-treaters.

This month's magazine is dedicated to all of you who've had any experience with the C word. Whether it's a relative, friend, or yourself, we want to encourage you to research healing options, eat more healthy, and make sure to have a support team on call.

This month introduces us to a Survivor who has been an integral part of our community. We also have exciting activities to look forward to on our Up and Coming Events page, and then the main focus is back to the amazing organization, **Not My Daughter...find a cure now!** See the article on the facing page, and do all you can to participate in and support their exciting fundraiser during Breast Cancer Awareness month.

Our prayer is for every family touched by the Spectator and every home in between. God bless our troops,

Shellie & Scott

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*Not My Daughter...
find a cure now!*



Welcome to Wonderland

Not My Daughter...find a cure now!

Monday, October 24 at Heron Bay Marriott

Enjoy a day in Wonderland with friends and family to support Not My Daughter...find a cure now! The Annual Not My Daughter...find a cure now! Shopping Boutique and Luncheon takes place on Monday, October 24th from 10:00AM – 2:00PM at the Heron Bay Marriott, 11775 Heron Bay Boulevard, Coral Springs. The highly anticipated event will combine a flair for fun with a meaningful purpose as it brings all the signature elements together: outstanding shopping boutique, luncheon featuring an Alice and Olivia designer fashion show, silent auction, and raffles, plus much more. Proceeds benefit breast cancer research and provide needed community resources through the Not My Daughter Support Centers.

What began as a promise between a mother and daughter, has strengthened to a community of supporters motivated by the mission to eradicate breast cancer. Since its inception in 2010, the volunteer-based organization, Not My Daughter...find a cure now!, has raised well over \$1million to fund cancer research, as well as building Not My Daughter Support Centers that offer wigs, resources, and counseling services. "We are humbled and inspired by the impact that Not My Daughter has brought to the community. Through the vital support of our NMD partners, we can bring resources forward and make a difference," says Denyse Hostig, founder and co-chair of Not My Daughter...find a cure now!

Not My Daughter...find a cure now is sponsored by Broward Health and presented by UHealth Sylvester Comprehensive Cancer Center.

Generously sponsored by
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CORAL SPRINGS

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Monday, October 24, 2022
Shopping Boutique opens at 10 a.m.
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find a cure now!*

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www.MySpectatorOnline.com 5



BROWARD HEALTH CORAL SPRINGS GOES THE EXTRA MILE FOR BREAST HEALTH

Breast cancer is the second-most commonly diagnosed cancer and the second leading cause of death for U.S. women, according to the American Cancer Society. Fortunately, early detection and treatment can significantly improve a woman's prognosis, which is why bringing attention to breast health during Breast Cancer Awareness month and encouraging annual breast screening is critical.

"At Broward Health Coral Springs, we are committed to providing a full continuum of women's health services and pride ourselves on providing comprehensive breast health services that support the best outcomes as well as the best patient experiences," said Jared Smith, CEO of Broward Health Coral Springs. "Our physicians and caregivers go the extra mile to provide the highest level of quality care in a personalized fashion and compassionate way."

More Comfortable Care

That includes utilizing SmartCurve technology when providing mammograms at the Women's Diagnostic & Wellness Center, which can be more comfortable for patients. In addition to mammograms, breast health services at the women's center include breast MRI, osteoporosis detection, breast ultrasound, and both stereotactic and ultrasound-guided breast biopsies.

Same-Day Services

In addition, the Women's Diagnostic & Wellness Center recently began offering same-day results for diagnostic mammograms. Diagnostic mammograms are typically provided to high-risk patients or those who have had a suspicious result from a standard screening mammogram.

"Even though the findings of diagnostic mammograms are often benign, waiting for results can cause significant stress for our patients," said Roberto Martinez, Regional Manager, Radiology at Broward Health Coral Springs' Women's Diagnostic & Wellness Center. "Providing same-day results not only reduces anxiety but enables us to more quickly diagnose and, if determined, begin treatment for the estimated 4% of patients who have had an abnormal mammogram and are diagnosed with cancer."

Removing Financial Barriers

As a safety-net health system serving the northern two-thirds of Broward County, Broward Health is keenly driven to lower

financial barriers to care for those in greatest need. This is especially true when it comes to financial barriers to breast cancer screening and early detection. At Broward Health Coral Springs, the Lisa Boccard Breast Cancer Fund provides breast care to women in financial need. The fund was created in 2003 by Vincent and Terry Boccard in support of Vincent's sister Lisa and her fight with breast cancer. Since then, the fund has enabled over 2,000 women to be screened, of which 90 were identified with breast cancer.

Broward Health Coral Springs is committed to providing quality healthcare for women, at every stage of life. Other women-centric services include the hospital's award-winning Maternity Place and advanced treatment for gynecologic conditions including minimally invasive robotic surgery.

For more information on the hospital's full range of services, visit BrowardHealth.org/BHCS.

Community Connections

For nearly 85 years, Broward Health has been dedicated to providing quality health care to the community.

Since Broward Health Coral Springs opened its doors in 1987, it has been equally committed to northwest Broward and continues to expand its footprint and services to meet the healthcare needs of the community.

In addition, the hospital also works closely with charitable partners through the Broward Health Foundation to support its neighbors.

In 2021, the hospital aligned with **Not My Daughter... Find a Cure Now!**, an advocacy group that creates awareness and encourages women to take preventative measures for their breast health while raising funds for breast cancer research and ancillary services.

Other partners include Parkland Cares, which provides trauma care and mental health services for those affected by the Marjory Stoneman Douglas tragedy, as well as the Juvenile Research Diabetes Foundation, Junior Achievement, and the Lisa Boccard Breast Cancer Fund.



- Patricia
breast cancer
survivor

I beat cancer

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Learn about our comprehensive oncology services:
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By Shellie Miller

Formerly a perfectionist, Parkland's Grace Solomon credits her recent battle with breast cancer for helping her see life through a different lens. "When you're faced with trials in your life, it has a way of changing how you see the world. You tend to be more appreciative of life and a peaceful, happy existence."

She credits her OB/GYN, Dr. Bradley Douglas, for his insistence that she have an annual mammogram. Grace shares, "So it's October 2020, and I don't really want to go to my annual appointment because of Covid, but I needed some prescriptions renewed. He absolutely insisted that I had to schedule a mammogram at a facility that would have a doctor read it the moment it was completed."

When they found a spot, her doctor called her immediately and told her that she had to have a biopsy the following day and she needed to engage a certain breast surgeon just in case it was necessary. After a follow up MRI, it was determined that Grace would require a double mastectomy. She tells us, "When they went in, they found other spots that never showed on the mammogram or the MRI. Thankfully, nothing had gone to my lymph nodes, but they did find it in the blood vessels leading to my lymph nodes... And this just goes to prove how important EARLY DETECTION is! I cannot emphasize that enough!"

Thankfully, Grace was not required to do chemo-

therapy, but did have to have 25 courses of radiation therapy. "There's not a second that goes by that I don't realize how crazy fortunate I am for 1) I had that mammogram and they caught it early 2) if I had waited, I would've had to go through chemotherapy 3) I had the best doctors in South Florida taking care of me 4) there were no complications! I'm just incredibly grateful for that!" Grace realizes that many women battling breast cancer have had unexpected complications, may have no or limited insurance, and also have the challenge of getting into the right doctors in a timely manner.



Grace, in her kind, unimposing voice says, "So many moms put their health on the back burner. We say, 'We'll get to it... We'll get to it,' and honestly, if my doctor wasn't withholding my medication, I wouldn't have gone for my mammogram right away."

Grace quietly shared her issue with a few close friends, and then was heartened by the community of people that encouraged, fed, and cared for her and her family. "Parkland is such an amazing community! I had no idea that all these women would rally around me! It was really hard for me, because I'm usually one of the ralliers!"

Grateful for her community and her family. Grace is an attorney with Kennedy Legal Team, a former Parkland commissioner and remains a central figure in the community.

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• 5.25% APR is a fixed rate for 60 month term. Maximum term available 120 Months (35 month maturity option available in the state of Georgia). APR quoted is accurate as of October 4, 2021 and is subject to change at any time. Interest only payments with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

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NEUROPATHY

Cancer Patients Experience Neuropathy Relief at Genesis Physical Medicine

By Ashley Ferraro

Peripheral neuropathy, which refers to nerve damage that causes numbness and tingling, can be a debilitating side effect of cancer treatments. Cancer patients receiving chemotherapy or radiation often report a partial or total loss of sensation in their limbs which may be accompanied by a "pins and needles" feeling.

For a patient already undergoing rigorous medical treatment, it's often not practical to pursue further invasive procedures to manage the neuropathy they're experiencing. That's why Dr. Mike Rozenblum and his team at Genesis Physical Medicine have developed a non-invasive, non-surgical, and non-prescription therapy plan to alleviate peripheral neuropathy commonly experienced by cancer patients.

"We're not giving our patients any additional medications or prescriptions, which would be difficult for their bodies to process in addition to all of the other medications it has to process due to the cancer treatment," he says. "We're utilizing a technology to stimulate the nerves and to help reestablish a neurological connection between those nerve endings in the brain."

Dr. Rozenblum and his team utilize a neuromodulation device that patients can take home and use as needed—for mild cases, once daily, and for more severe cases, several times throughout the day. This treatment is typically paired with therapeutic LED technology, various creams, and nutritional supplements, in addition to other means that prove beneficial to the individual patient.

Although Dr. Rozenblum normally supplements at-home treatment with in-office care, he realizes how challenging the task of leaving home can be for many

cancer patients. To remedy this while still offering best-in-class care, Dr. Rozenblum and his team devise specialized treatment plans that can be done almost entirely from the comfort of the patient's home.

An astounding 85% of patients accepted for neuropathy treatment at Genesis are successful, which is defined as a 50% or greater improvement.

"My neuropathy caused me to also have balance problems," says Susan C., a patient of Dr. Rozenblum's. "I now feel totally balanced and it's wonderful. I bowled better than I have in years. The feeling in my legs is getting better and better. This is really working!"



"I now feel totally balanced and it's wonderful. I bowled better than I have in years. The feeling in my legs is getting better and better. This is really working!" – Susan C.

The team at Genesis recognizes the value of transparency when it comes to treatment. "In a very severe case, you may not have 100% improvement," says Dr. Rozenblum. He explains that setting realistic expectations are crucial with this type of therapy.

Before getting accepted for treatment, Dr. Rozenblum and his team will conduct an initial evaluation to determine whether a patient will make a good candidate and, if so, what kind of results

they can expect.

The initial evaluation cost is \$77, and the office's "No Wait Policy" means you can be seen immediately. Genesis Physical Medicine does not accept Medicare or standard insurance but does offer financing options.

To learn more about Genesis Physical Medicine's innovative peripheral neuropathy treatment, visit www.genesisphysicalmedicine.com or call (954) 977-0888.

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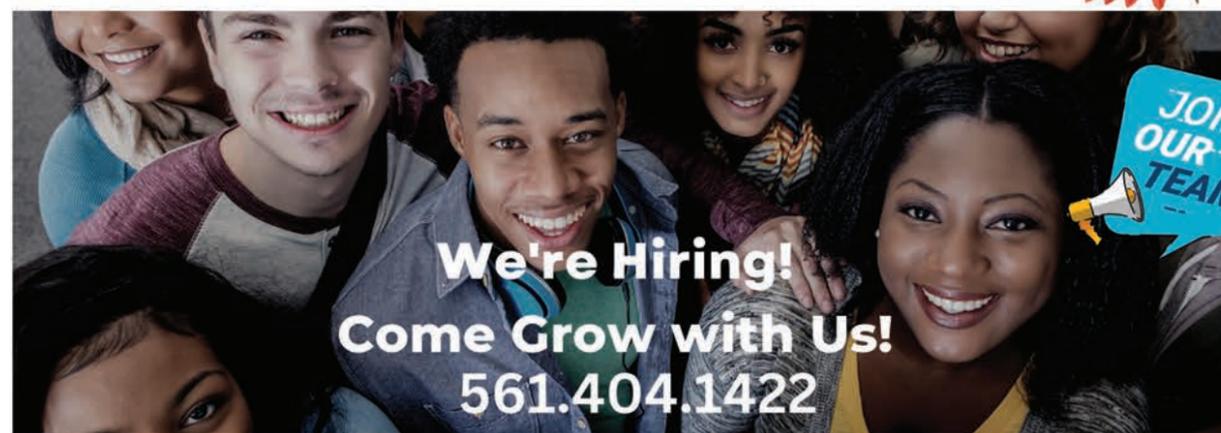


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Dr. Sergey Kalitenko

Indi Heart and Mind is excited to welcome Dr. Kalitenko to our organization. Dr. Kalitenko graduated with a medical degree from Donetsk Medical Institute in Ukraine at 21 years old and subsequently became the Head of the Hyperbaric Oxygenation Department of the Donetsk Clinical Hospital in Donetsk, Ukraine when he was 27 years old. Dr. Kalitenko opened his private practice in 2001 while continuing with his hospital duties and later started treating inpatients and outpatients in the United States at a teaching hospital. He's dedicated to providing comprehensive medical and behavioral care services.



Ayinde Reid, CEO

Mr. Reid is the founder and CEO of IHM. A graduate of Barry University and a licensed practitioner with specialties in mood and behavioral disorders, mental and developmental disabilities, substance and dual diagnosis disorders, Mr. Reid has been helping individuals in their journey towards wholeness for nearly ten years. Having received training in multiple techniques, Mr. Reid utilizes methods that incorporate all aspects of an individual's life.



Dr. Tony Abraham

We're happy to announce our newest addition to the IHM family. Dr. Tony Abraham graduated from SRM Medical College and Research Center, Chennai, Tamil Nadu, India. He completed the General Adult Psychiatry Residency Program at Community Health of South Florida and subsequently worked for Substance Use and Mental Healthcare Organizations as a Counselor, Resident Physician, and Physician Evaluator. Dr. Abraham provides psychiatric evaluations, mental status examinations, and mental health assessments. He provides diagnosis and evaluation of patients with complex mood disorders, psychotic disorders, substance use, and co-occurring disorders. We're fortunate to have Dr. Abraham join our IHM family.

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Running

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Soccer

CORAL SPRINGS RECREATIONAL
The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: www.csys.org, email: csysadmin@csys.org or call Mimi Milton at 954-341-6391 see ad and article pgs 18-19.

NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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Softball

YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

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CORAL SPRINGS WOMEN'S SOFTBALL

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Special Needs

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Find out about league offerings and activities. www.ParklandBuddySports.com

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Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329 or www.challengerbaseballofbroward.com

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Volleyball

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Parkland P-Rec

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC – 10559 Trails End (located inside Pine Trails Park)

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Find a local unit at www.beascout.org

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Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall	(954)344-1828
Coral Springs Gymnasium	(954)345-2107
Cypress Park Pool	(954)345-2109
Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
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Coral Springs, Florida 33076

JDCH.com

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SUITE 120	• Rehabilitation Services • Physical Therapy • Occupational Therapy • Speech Therapy • Feeding Therapy	954-575-8962 JDCH.com/Rehab
SUITE 140	• Otoralyngology (ENT) • Pulmonology • General Surgery • Physical Medicine and Rehabilitation	954-265-1616 954-265-6333 954-265-0072 954-276-1600
SUITE 207	• Orthopedics, Spine and Sports Medicine • Hand and Upper Extremity Program • Hip Preservation Program • Sports Physical Therapy • Concussion Clinic • Performing Arts and Dance Medicine Program	954-265-6300 JDCH.com/Orthopedics

Parkland Connections

Parkland Little League

For more info., call (954) 604-2442 or visit www.parklandll.com

Basketball

PARKLAND REC BASKETBALL
www.parklandbasketball.com or call the hotline (954) 227-0989.

Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or info@parklandrangers.com
Cheer contact: 786-236-0948 or cheer@parklandrangers.com.

Flag Football

PARKLAND FLAG FOOTBALL

For more info, see www.parklandflag.com
See ad below.

Lacrosse

PARKLAND REDHAWKS

For more info go to www.parklandlacrosse.com.

Soccer

PARKLAND REC SOCCER

For more info, visit

PARKLAND TRAVEL SOCCER CLUB

For more info, call Roger Thomas 754-368-7138
www.parklandtravelsoccer.com

Private Schools & Camps

NORTH BROWARD PREPARATORY SCHOOL
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or www.NBPS.org
See ad on page 19.

Parkland P-Rec

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

Special Needs

PARKLAND BUDDY SPORTS

Find out about league offerings and activities.
www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

Adult Softball

For more info, contact Parkland Parks & Rec.
Manager Bruno Battel at 954-757-4103

i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only

Soccer - Ages 3 - 12

Baseball - Ages 3 - 7

www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105



Parkland Buddy Sports... Providing organized peer to peer sports programming for children and young adults with special needs

By Wendy Hunter, photos courtesy of Ken Webster Photography

Can you imagine a childhood without a single friend? Children with disabilities are 65% more likely to experience bullying than children without. Parkland Buddy Sports (PBS) promotes friendship, and inclusion not just on the sports fields, but in everyday life because every child matters.

We hear the term inclusion a lot these days, for PBS, inclusion is one of the main pillars of the program. On any given weekend, you can see the Parkland Buddy Sport's Big Red tent set up on Parkland's pristine fields or courts with hundreds of volunteers in red shirts running alongside their players with special needs. There is laughter, engagement and a certain sparkle in the air that is both inspiring and tangible.

Serving South Florida families with children and young adults with special needs since 2002, the program provides recreational sports programs, special events and peer to peer engagement all free of charge for every family that has a child with special needs. "The focus of the program is on fun and friendship, not necessarily becoming proficient in any one sport," says Joe De Braga, one of the founding members of the volunteer board of PBS, "the kids with special needs really look forward to seeing their buddies each week, being outside, running around and just having fun."

The program provides opportunities for children and young adults with special needs and teen volunteers to come together to participate in organized sporting activities in an inclusive, safe, and fun filled environment. Buddies' sports programs take place over the weekends and run concurrently with the school calendar. Through peer guidance and support by our volunteers the player/athletes are aptly challenged and participate at the appropriate age and skill level. The focus of Buddy Sports

is a vision that cultivates mutual respect, builds friendships, and values people because of, not in spite of, their differences or abilities.

For twenty years, PBS has been fostering a "No Limits" community, free of barriers, where everybody feels safe and welcomed and where trust is present. The student volunteers enrolled in PBS are truly exceptional. Like many high school students with plates full of rigorous academia and after school activities, our volunteers put their other obligations on the sidelines when they greet their player/athlete and go out of their way to nourish their friendship, provide a feeling of acceptance and a sense of belonging.

Bob Mayersohn, who has also been with the program since its inception, serves as a Commissioner in the City of Parkland and is also the President of Parkland Buddy Sports says "Looking back over these past 20 years, its amazing to see how much the program has grown. Our success is based upon continuously evaluating and improving our efforts, the support of our dedicated volunteer board members, and the commitment of our amazing volunteers. Watching our players blossom outside of their comfort zones is truly rewarding."

Parkland Buddy Sports is always looking to reach more families with children and young adults with special needs to let them know about this inclusive program. The activities and events give the players and their parents a chance to make lifelong friendships. The program is funded entirely by personal and corporate donations and every dollar donated goes directly back into the program.

To get involved please visit www.parklandbuddysports.org.



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Have the career you always wanted at Northwestern Mutual

By Ashley Ferraro

Independent business owners are often faced with the reality of giving up benefits enjoyed by employees. At the same time, employees are bound by limited pay opportunities, strict working schedules, and minimal flexibility.

What if we told you that you could challenge the norm and have both? At Northwestern Mutual, financial advisors enjoy the luxuries of owning and operating their own businesses while receiving a suite of benefits.

Parkland resident Ben Kapusta is a financial advisor and field director at Northwestern Mutual who develops and mentors other highly-motivated individuals interested in building their own firms. Ben explains that working as an independent financial advisor at Northwestern Mutual is centered around "the three I's," he describes. "Impact, independence, and income."



Benjamin Kapusta
of Kapusta Financial Services

He describes "impact" as having the opportunity to create a significant mark on people's lives. "Impacting as many people as possible is a huge value of mine," he says. "We really are at the center of our clients' financial lives."

Northwestern Mutual provides clients with a centralized approach by offering comprehensive financial solutions, including financial planning, insurance, and investment services. Rather than starting with their clients' finances, they take a holistic look at their lives and values, since each financial option is designed to build upon the other. For example, helping the client grow financially through investments while ensuring they are protected by the insurance plan that makes sense for them. In doing so, Northwest Mutual aims to free Americans from their financial burdens.

Ben goes on to outline the second pillar, "independence," as the ability to take charge of your business and clients the way you see fit. Northwestern Mutual encourages its financial advisors to feel empowered in each decision they make. However, the company offers access to comprehensive learning and development resources to ensure every advisor is fully prepared and supported during their journey.

Finally, "income" refers to the unlimited pay that every representative has access to. What you can earn is directly correlated to the effort you put into building client relationships.

Northwestern Mutual invests substantially in the success and growth of its financial representatives. Not only is there a promising income opportunity, but there's space to grow professionally. Ben enlightens us on his history with Northwestern Mutual, where he started as a client at just 21 years old. Seven years ago, he decided to join the company as an independent advisor, and today he is a field director of the Striano Financial Group in South Florida.

Ben resides in Parkland Golf and Country Club with his wife and four children. He currently serves as a trustee member for the Parkland Chamber of Commerce. Ben and his family keep busy staying involved in community activities like football, baseball, and dance.

Ben notes that Northwestern Mutual boasts several of the highest-producing females in the country right here in South Florida. Northwestern Mutual is the title sponsor for Women Empowering Women and operates with a mission to recruit women and minorities. Anyone looking to take charge of their life and career, regardless of professional background, should **call Ben at 954-290-6433 to learn more.** See ad on opposite page

LET'S GET STARTED



Kapusta Financial Services
benjaminkapusta.nm.com
benjamin.kapusta@nm.com
954-290-6433



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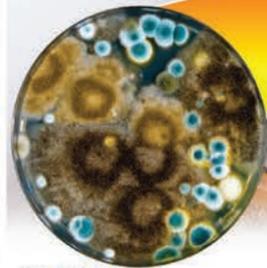
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Welcome Dr. Brandon Maisel, D.O.



Dr. Maisel has a particular interest in treating acute and chronic musculoskeletal injuries including bone, joint, ligament, muscle, and tendon injuries.

Dr. Maisel grew up in Boca Raton, and completed his undergraduate degree in Biological Sciences from the University of Central Florida, and obtained his osteopathic degree from Edward Via College of Osteopathic Medicine, then subsequently completed his Physical Medicine and Rehabilitation residency at SUNY Downstate Medical Center where he served as Chief Resident in 2020. He completed his Sports Medicine Fellowship at the Andrews Sports Medicine and Orthopaedic Center in Birmingham, AL.

Dr. Maisel's expertise expands to non-operative treatment of peripheral nerve injuries (i.e. carpal tunnel syndrome), management of osteoarthritis, concussion, pre-participation physicals, sports related spine injuries and overall evaluation of an injured athlete. He works closely along Dr. Howard Gelb, physical therapists, and other health-related disciplines to provide well-rounded orthopedic care allowing patients to return to everyday activities and sports.

In addition to his professional pursuits, Dr. Maisel enjoys cycling, running, baseball, and family time with his wife Alexandra and their beloved English bulldog Otis!

The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.

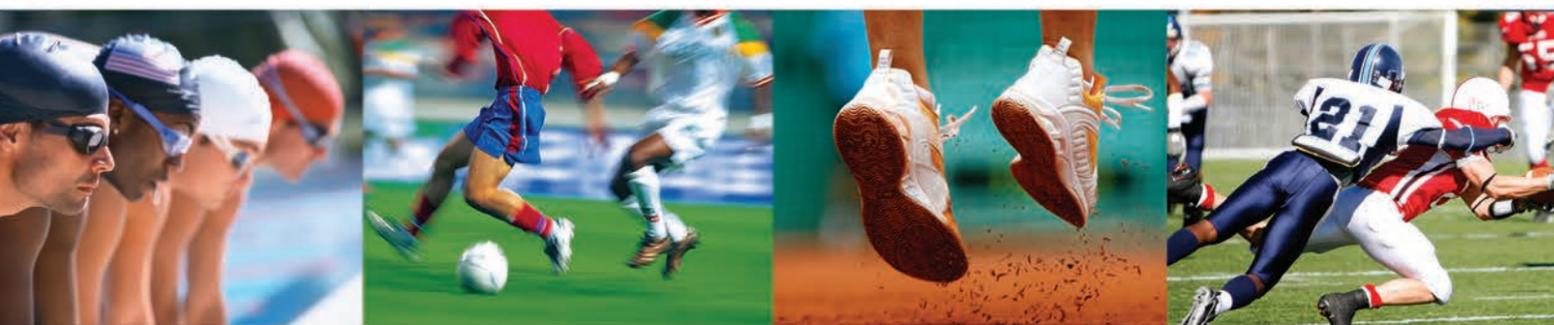


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A board certified orthopedic surgeon specializing in adult and pediatric sports medicine and arthroscopic surgery. He has been in private practice since 1995.

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Up & Coming

Coral Springs Firefighters Annual Cancer Awareness Pasta Dinner - Saturday, October 8 Join the Coral Springs Fire Department from 5 to 9 PM for their Annual Cancer Awareness Pasta Dinner hosted at Fire Station #80, 2825 Coral Springs Dr. An \$8.00 donation includes pasta & meatball, salad, bread, beverage, and dessert. Proceeds benefitting the Coral Springs Professional Firefighters Benevolent Association and other local charities. For tickets, contact the fire department or purchase yours at the door.

Now Registering Parkland Dash, - Sunday, October 16
The Parkland Dash is Parkland's annual race consisting of 5k, 5 mile, and 1 mile run options. This year, the highly anticipated run will be organized on behalf of Eagles' Haven. From 7:15 am -9 am at Pine Trails Park 10555 Trails End Parkland, 33067. To register please visit www.runsignup.com/Race/FL/Parkland/ParklandDash

Parkland pumpkin patch - begins Saturday, October 22
Held at the Parkland equestrian center, 8350 Ranch Rd., The Parkland Pumpkin Patch will have a petting zoo, photo ops, face painting and community games for families to enjoy. Come on out and be the first to pick out the perfect pumpkin. Supplies are limited and prices may vary. Weekend hours are 9 AM to 5 PM, and weekdays the pumpkin patch will be open from 5:00 to 7:30 PM. For updates, call 954-757-4215 or additional info, contact bxbrader@coralsprings.gov

Parkland Halloween Festival - Friday, October 28
The Halloween Festival has returned to Pine Trails Park, 10555 Trails End. Don't forget to wear your favorite cos-

tume and join us for an exciting night of trunks and treats from 5:30 to 7:30 PM. There will be photo booths, characters, stilt walkers, and a Halloween performance on the main stage. For updates, call 954-757-4215.

Not My Daughter...Find A Cure Now! Invites you to Alice & Olivia In Wonderland - Monday, October 24
The annual shopping boutique & Luncheon event bridges the gap between generations to raise breast cancer awareness while contributing to the search for a cure. Held at the Marriott Heron Bay. To become a sponsor or reserve your tickets please email NMDFINDACUREMNOW@AOL.COM

Casino Night at Deja Blue - Monday, October 24
Deja blue's favorite bartender, Bill, is overcoming stage 4 colon cancer, and this party is all about him! One of Bill's favorite hobbies is hitting the casino after work. So if Bill cannot go to the casino, we have decided to bring the casino to him. We invite you to participate, share, support, attend, donate and come have a good time from 6:00-9:00pm at Deja Blue, 7805 North University Dr., Parkland. We will have many raffle prizes, cash bar and 100% goes to BILL! We thank you in advance for your support and love. God bless you all! For further info, see the ad on page 23.

Parkland Farmers' Market Opening Day - Sun, November 6
Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

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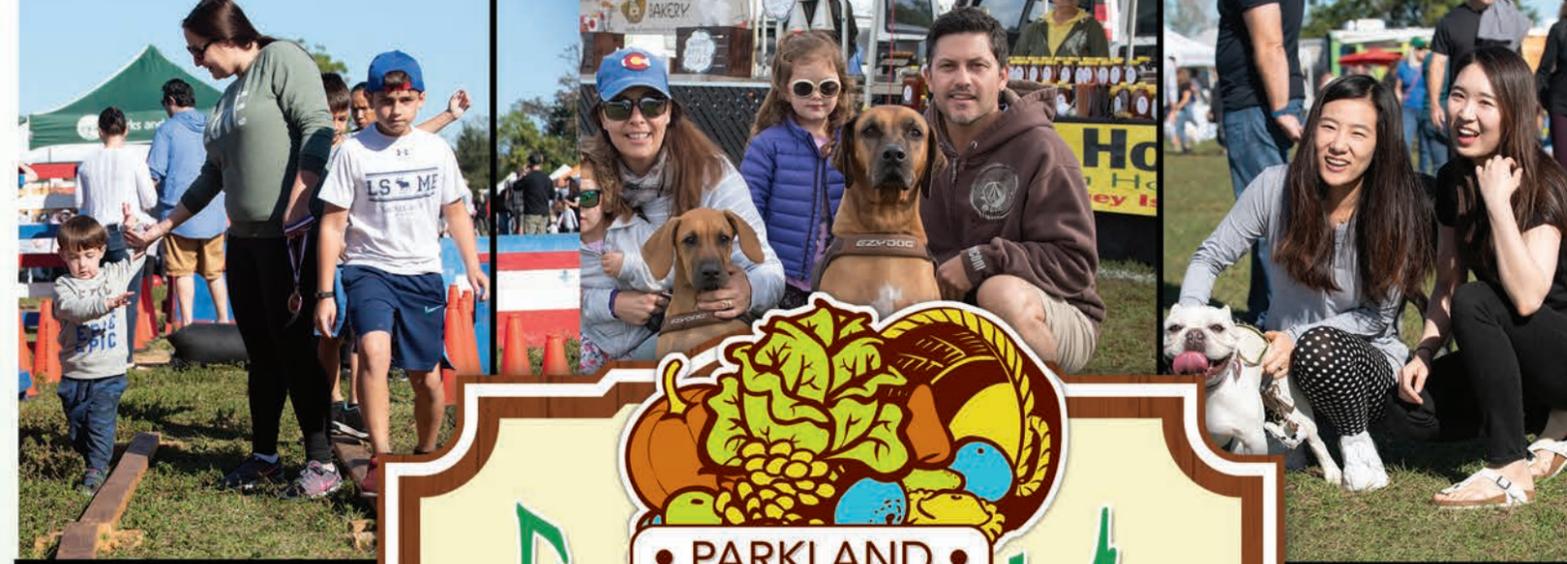
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PARKLAND Farmer's Market

The Parkland Farmers Market is always a great time to meet fellow neighbors, friends, and very often, their pets. Vendors range from farmers with organic vegetables to chefs offering homemade baked goods, and everything in between including honey, craft items and much more. Closed in the hottest months of the year, local residents look forward to the fall and return of this fun, active community event. Depending on the weather, the special theme for that particular market, and a few other factors, crowds range in size from 4,000 to 10,000 patrons. Arriving early is always best when you're looking for that "special something."

Parkland Special Event Coordinator Nick Williams is excited for the new season, which begins November 6, 2022, and concludes on April 16 next year. The market is open every other week from 9 AM to 1 PM, and features more than 120 vendors. To get the most out of your visit to the Parkland Farmer's Market, make sure to check the advertisement on our back cover for special themes and schedules.

