

# BOOMERS & CAREGIVERS

ROUNDTABLE



The Boomers and Caregivers Roundtable recognizes local organizations and practices that serve the local community as they navigate the road ahead. From preventative health care and programs designed to educate the aging and their caregivers, these participants seek wellness options as our population ages.

## PINES OF SARASOTA

JOHN OVERTON, CEO/PRESIDENT

“Our goal at Pines of Sarasota is to provide a myriad of educational, rehabilitative and holistic care programs and services for our residents that demonstrates Pines as having some of the best senior care experts in the State, if not the country.”



**HOW DO YOU CONTRIBUTE TO THE AGING COMMUNITY?** Pines of Sarasota is deeply rooted in providing superior care for the aging community. With a long history in residential skilled nursing, Assisted Living, Dementia Care since its doors opened in 1948, Pines continues to provide an exemplary level of service as they introduce new and expanding branches of service. Alongside the acclaimed skilled nursing and assisted living programs, Pines now offers outpatient rehabilitation with physical, occupational and speech therapists. Assisting patients to get back in their own homes and routines as quickly as possible is a testament to Pines' mission to enhance the quality of life for all patients. Long and short-term inpatient rehabilitation services also assist in regaining mobility and upper body strength as individuals recover after a serious health event.

The signature “Pines’ Fall Prevention” testing service is a direct nod to Pines’ commitment to preventative programming that leads to longevity and wellness. Through a physician’s referral, patients undergo testing for flexibility and mobility and

work to strengthen those at high risk for a fall. As our regional population ages, Pines is proactively providing educational programs to arm caregivers and patients with cutting-edge information to prepare for the road ahead. The nationally recognized Educational Institute at Pines is devoted to training both professional and at-home caregivers of how to best care for patients as their physical and mental needs change. Equally important, the Educational Institute addresses what every caregiver should know about elder law and end of life issues. Instruction on how to provide a high quality of life is critical for caregivers to make informed decisions on healthy lifestyle choices and the role of community for the aging family members.

### **Pines of Sarasota**

1501 N. Orange Avenue; Sarasota, Florida 34236

Phone: 941-365-0250 | [www.pinesofsarasota.org](http://www.pinesofsarasota.org)

Pines of Sarasota provides excellent and compassionate skilled nursing, assisted living, Alzheimer’s/dementia care and inpatient/outpatient rehabilitation services in a residential setting as well as educational programs for seniors and their families in order to enhance quality of life. Pines epitomizes innovative initiatives including; an on-campus child care facility which fosters inter-generational interaction and learning; Pines’ Fall Prevention Programs which identify those at risk of falling and provide them with therapies to help build their strength and balance thus helping to minimize the risk and enhance their quality of life and wellbeing. Pines of Sarasota, a not-for-profit, has led the way in holistic elder care in the Suncoast community since 1948.

# TINDAL PROSTHODONTICS

DR. BENJAMIN TINDAL

**WHAT IS PROSTHODONTICS?** The American Dental Association recognizes nine specialties: Prosthodontics, Endodontics, Periodontics, Dental Public Health, Oral and Maxillofacial Radiology, Oral and Maxillofacial Pathology, Oral and Maxillofacial Surgery, Orthodontics, and Pediatrics Dentistry. Prosthodontists are dentists who specialize in the rehabilitation of the mouth including all aspects of cosmetics, function, and tooth replacement. Currently in the US there are less than four thousand prosthodontists. A prosthodontist is analogous to an architect and general contractor of your teeth and smile. They often work with other dental specialists to ensure the highest level of evidence-based dental care for their patients.

**HOW CAN YOU TELL IF YOU ARE IN NEED OF A PROSTHODONTIST?**

A prosthodontist is recommended for people in need of complex cosmetic or functional cases. You may need a prosthodontist if you are missing multiple teeth or if you need a dental implant involved in your smile. Chances are if you are over the age of 52 and you are missing one or more teeth you need a Prosthodontist. Modern dentistry has created dental implants. These are titanium roots which allows for the replacement and function of one or all of your teeth. Dentures can be anchored to implants, and greatly improve your ability to eat, speak, and smile confidently. Conventional dentures on average have a bite efficiency of less than 1/6 of teeth or implants. This means, that if you have dentures, you are chewing 4x's more and swallowing much larger pieces of food. This leads to a lower intake of key nutrients like fiber and iron, especially in women, and increased health risks.

**HOW DO YOU CHOOSE A PROSTHODONTIST?**

Check their credentials, ask your dentist for a referral or call Dr. Tindal. The initial consultation will be complementary. You can find more information at [www.tindalsmiles.com](http://www.tindalsmiles.com) or for faster information call (941) 225-2520.



**Tindal Prosthodontics**

5911 North Honore Avenue, Suite 123; Sarasota, FL 34243

941-225-2520 | [www.tindalsmiles.com](http://www.tindalsmiles.com)

“Dedication to maintenance and improvement of oral health is one of the best proven investments you can make with respect to improving your quality of life, self image, and overall health”

Dr. Benjamin Tindal specializes in implant, prosthetic, complex multi-disciplinary treatment planning, ceramics and restorative dentistry. Currently he serves as the Prosthodontic Advisor for the Manatee Study Club and the Seattle Study Club. He has a Master's of Science and Certificate in Prosthodontics and a Doctorate of Medicine from University of Florida College of Dentistry, Member of the American College of Prosthodontics, American Dental Association, Academy of Osseointegration, Florida and Sarasota County Dental Association and the Spear Study Club. Dr. Tindal completed Master's research in the field of composite bonding.