

# OCTOBER 2017 ISSUE

ELITE DNA THERAPY



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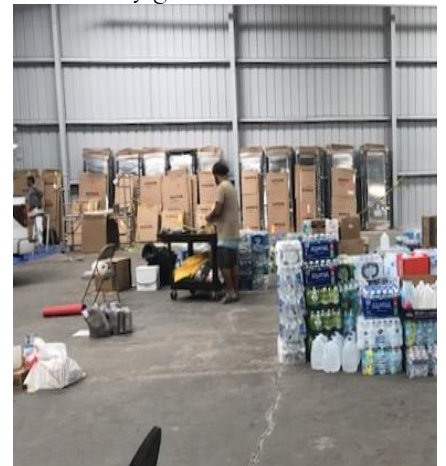
## HURRICANE MARIA



Hurricane Maria is the strongest storm to make landfall in Puerto Rico in 85 years. Seeing the devastation in the news and feeling far away and helpless was not acceptable.

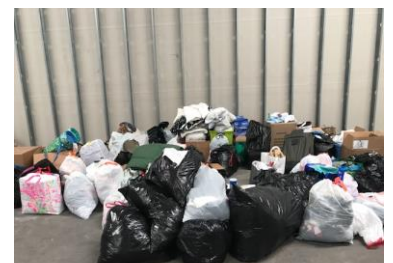
Elite DNA's team quickly began to connect, network and organize an effort to collect much-needed items to be delivered. Puerto Rico's power grid was knocked out completely by the storm. Without electricity, many people were stranded; it became clear that what people needed most were life-sustaining provisions — including water, food, safety supplies and medications.

We continue to stand united in our effort; we remain willing and able to do whatever we can to provide relief and help Puerto Rico's community get back on their feet.



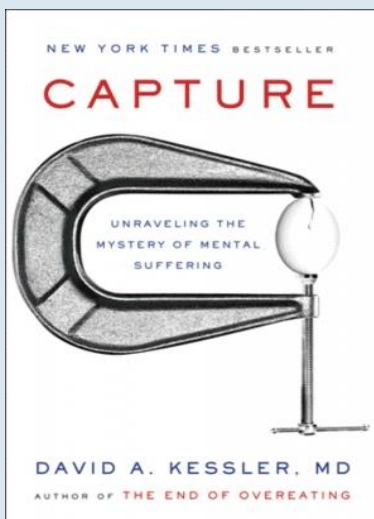
What we can do:

These two pictures show the water, food, medications, and safety supplies that we've been able to get together for Puerto Rico thus far. In no way are our efforts finished, on the contrary, they're just beginning.



## Employee Appreciation for the month of October:

This month, we recognized our outstanding Providers by enjoying lunch and a friendly bowling competition at Gator Lanes. This month, each person was given a copy of the book titled, Capture by Dr. David Kessler. Kessler begins his work with the question: "What happens when our minds feel as though they've been hijacked by something we cannot control?" Through his writing, Kessler provides an in depth look at human behavior. Kessler provides examples to highlight the various elements that impact one's "sense of lack of control" What we end up doing, he writes, "may not be what we consciously want." The narratives provided in this book shed light on mental illness; specifically addiction, depression, schizophrenia and anxiety. Kessler's use of historical figures helps readers to understand just how turbulent and complex human motivation, addiction and overall behavior is.



## OUT OF THE DARKNESS WALK

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. Through education, advocacy and community partnerships, AFSP has helped bring awareness to Suicide education and prevention. One of Elite DNA staff members, Tiffany Davies, took some time to share her thoughts on suicide prevention, and why suicide awareness is of particular interest to her:

*“Due to the deeply personal and tragic element of suicide, as well as the shame and stigma that surround it, the family and friends who are left behind often feel terribly isolated and alone.*”

*Unfortunately, I know what it's like.*

*On February 19, 2009 my dear brother ended his life to suicide. I'm a proud member of the American Foundation for Suicide prevention. We advocate and create connections throughout the community. For me, the American Foundation for Suicide prevention has given me a voice and a purpose. I openly share my brother's story; being his voice in our community gives me strength and hope that we can help to break the silence that many people, including myself, have kept silent about for so long.*

*On February 18, 2018, I will be attending my first “Out of Darkness Suicide Community Walk.”*

*I would love to share this meaningful experience with my Elite DNA family. Our participation in the walk is a perfect opportunity to not only take part in a meaningful event, but to also be advocates and active participants. We can lead the way and show how powerful we can be in our unwavering willingness to support each other and to shed light on this important topic.”*

We at Elite DNA stand with Tiffany and with all of those who've experienced the heartbreak of losing a loved one to suicide.

We will be at the walk and hope to see you there!



## *Details on the Walk:*

For more information and to participate in the walk, please contact Tiffany Davies.

Walk Date: 2/18/2018

Walk Location:  
North Collier Regional  
Park - Naples, FL

Check-in/Registration  
Time: 10:30 am

Walk Begins: 11:30 am

Walk Ends: 1:30 pm

**Out of the  
DARKNESS<sup>SM</sup>**  
C O M M U N I T Y W A L K S  
American Foundation for Suicide Prevention

### *TMS Testimonial*

In the last few months we at Elite DNA have been thrilled to see the positive impacts that TMS therapy has had on our patients. We're excited to share a testimonial from one of our valued patients on the following page.

We are pleased to share the following testimony from one of our patients who underwent Transcranial Magnetic Stimulation (TMS) with us!

For more information on TMS call us at: (239) 223-2751

*“When I was approached about an NeuroSTAR TMS therapy. I have been depressed since 2001. I have been ready for something to work for me. In the beginning of treatment and throughout the following three weeks I had begun to believe that I would be the one failure from TMS treatment. After three weeks, I began to feel something but wasn't sure it was from the treatment. I was beginning to feel emotions that I hadn't felt in years. A small measure that something was happening? I wasn't sure but I kept a brave face.*



*After four weeks, I was faced with a critical challenge during hurricane Irma. Normally, I would crawl in the bed and not deal with anything. Something so challenging would have been too overwhelming. I would not be able to cope. I met the challenge with a positive attitude, energy I never had, and surpassed everyone's expectations for five days. I am so proud of myself. I am no longer plagued with days filled with racing thoughts, inability to cope with the smallest task, difficulty concentrating or focusing, unable to make decisions, or weighed down with life in general. I felt overwhelmed all the time.*

*Well, not anymore! I didn't think I'd even recognize the person I used to be but now I know that isn't true. I like myself again. I have an unending smile. I feel confident and happy for the first time in nearly 17 years I want more! I believe that there is more to life for me than lying in bed and dreading the next day. I look forward to another day now. I look forward to more days free from the burden of depression. I am grateful for the opportunity to receive NeuroSTAR TMS treatment.”*

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