

WINTER
2023 - 2024

Feel Better

WITH FIRELANDS HEALTH

**NORLEENA
POYNTER, M.D.**

Bridging the Worlds of
Technology and Medicine
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Family Health

As Plato said, "There is no harm in repeating a good thing." I say this often, and I'll say it again - **having a strong, independent hospital makes a community strong.** Not a day goes by that I don't think about the future of Firelands Health and how we will remain a foundational part of the greater Sandusky community for years to come. You may wonder to yourself, "Jeremy, why do you focus on this so often?" Here's why - where would you go if you were having a heart attack were it not for a community hospital down the street? The same can be said if you are having a stroke, about to deliver a baby, or need cancer treatment, and the list goes on.

So, too, our community hospital benefits our region economically. We're a major employer of different professions; we support contractors for construction projects, printers for educational materials, and many others. We're also invested in community assets, such as recreational spaces and arts and culture.

If we do our job right each day, every action we take will support our mission: to provide excellent healthcare, promote community wellness, and improve the lives we serve. I can confidently say that the attitude of the care team at Firelands is that of an unwavering commitment to your care.

This edition of Feel Better features stories about how we're serving our community. Stories include a successful double-hip surgery patient; an employee story that speaks to how we're improving our workforce; and healthy reminders for the holidays. We're also introducing six new providers who provide expert care.

At Firelands Health, our focus is not just on sick care, but overall health and wellness care, too. If we can care for the sick and maintain health for the healthy, that in turn supports our mission. I look forward to updating you in future issues of Feel Better as we continue to help you on your health journey.

Jeremy Normington-Slay
President and CEO
Firelands Health

Staying on Top of Your Health Without Barriers

Serving as a good neighbor to Firelands Health, Family Health Services (FHS) has been delivering care in the Sandusky region since 2008. Starting with just a couple dozen employees at Firelands South Campus, FHS currently employs over 100 full-time individuals who serve at three brick-and-mortar locations and nine local school districts. Firelands and FHS have continuously worked together to help serve our community's needs.

Who is FHS?

FHS believes that healthcare should be a right, not a privilege. With a wide-range of comprehensive services, the team at FHS works to break down barriers to healthcare access. "Providing healthcare without boundaries to those who may not have sought it otherwise helps improve the health of our community," said CEO David Tatro. "Our team works tirelessly to make a positive impact on the lives of our patients and our community. I am endlessly proud of the work they provide on a daily basis."

As a Federally Qualified Health Center, FHS accepts Medicaid, Medicare and all commercial insurances. They prioritize providing quality care to those living on limited resources and offer a sliding fee schedule for those who qualify based on family size and income.

FHS offers a range of healthcare services, including:

- Primary care - Their team of family medicine providers, both doctors and nurse practitioners, are on-site to provide outpatient medical appointments and ensure continuity of care.
- Behavioral health - As FHS' largest service line, patients have access to mental health or counseling services, as well as psychiatric medication management.
- Dental care - a newer service for FHS, this program was expanded to fill a community gap for dental service needs with a full-service dental clinic.
- Nutritional services - FHS has many wonderful nutrition programs, including the highly regarded Food is Medicine program.

In 2022, FHS served 11,152 patients, which was an increase of 52% from 2020.

Services

Firelands General Medical Education

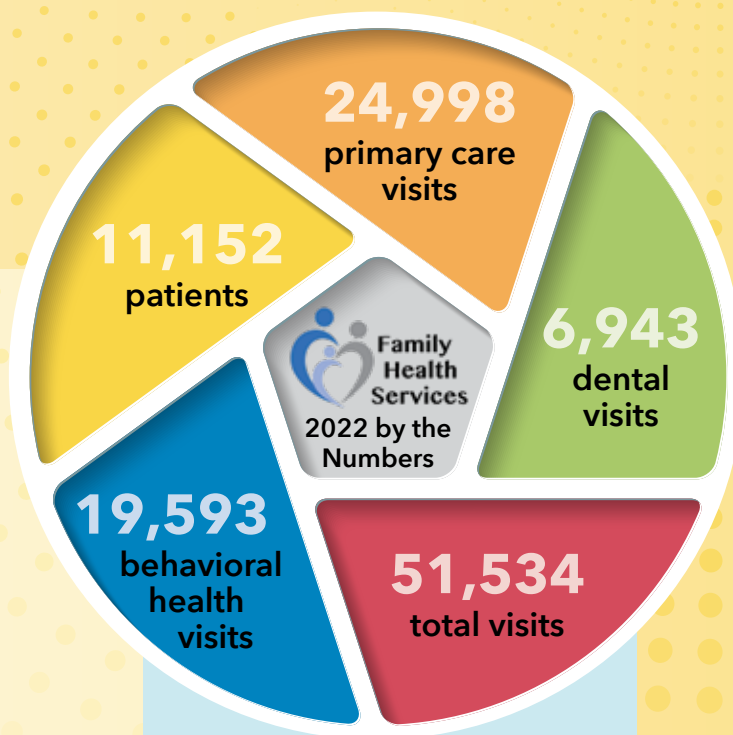
One of the foundational purposes of FHS was to establish a residency program in partnership with Firelands Regional Medical Center. Firelands offers a residency in the specialty of family medicine. We also offer a transitional year residency, which is comparable to a one-year internship for doctors going into specialties such as dermatology, radiology, anesthesiology and psychiatry. Medical students also rotate through the medical center and many of these students have come back to the area to practice once they complete their specialty training. This includes specialties such as family medicine, internal medicine, pulmonology, anesthesia, emergency medicine, dermatology, geriatrics, obstetrics, orthopedics, pediatrics, radiology and sports medicine.

Other facts and stats about medical education:

- 353 residents, interns and fellows have graduated since the inception in 1978.
- Of those who graduate, generally one resident stays and practices in our community every year.
- This past summer, Firelands GME celebrated its 41st graduation ceremony.

Family Health Services Medical Center and Pharmacy

Newly constructed in downtown Sandusky, the Family Health Services Medical Center and Pharmacy will open early 2024. "Our new building will bring additional primary care and behavioral health jobs to the area, as well as a full-access pharmacy to the downtown community," said Alexis Wobser, marketing manager for FHS. "The rooftop will be renovated to provide a community space for group therapy, senior programming and other community programming or events." The new medical center is open to everyone, and patients do not need to be an established patient at FHS to get a prescription filled at their pharmacy.



Operating Locations:

Firelands South Campus

1912 Hayes Ave.
Sandusky, Ohio 44870
419-502-2800

Erie County Senior Center

620 E. Water St., Suite A
Sandusky, Ohio 44870
419-502-2839

Norwalk

265 Benedict Ave.
Norwalk, Ohio 44857
419-219-9776

Family Health Services Medical Center and Pharmacy

Coming Soon
149 E. Water St.
Sandusky, Ohio 44870
419-502-2839



KEVIN BAILEY, DO



Kevin Bailey, D.O., recently joined the Firelands Physician Group Sandusky Orthopedics office. Dr. Bailey's medical interests include orthopedic sports medicine.

Dr. Bailey earned his doctor of osteopathic medicine at Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio. He completed his orthopedic surgery residency at Cleveland Clinic South Pointe Hospital and his orthopedic sports medicine fellowship at Allegheny Health Network.

Outside of work, Dr. Bailey enjoys being outdoors, running, biking, golfing, and many other recreational sports.

Dr. Bailey's office is located at 1401 Bone Creek Drive, Sandusky. To schedule an appointment with Dr. Bailey, call 419-625-4900.

GEORGE AUGUSTINE KOROMIA, MD



George Augustine Koromia, M.D., recently joined the Firelands Physician Group Cardiology practice. Dr. Koromia's medical interests include advanced cardiac imaging, including cardiovascular CT and MRI, adult cardiology, valvular heart disease, coronary artery disease and clinical informatics.

Dr. Koromia earned his doctor of medicine at the University of Nairobi in Nairobi, Kenya. He completed his internal medicine residency at East Carolina University in Greenville, North Carolina and his internal medicine chief residency at Marshall University in Huntington, West Virginia. He completed his cardiology fellowship at Marshall University in Huntington, West Virginia, and advanced cardiac imaging at the University of Kentucky-Gill Heart and Vascular Institute, in Lexington, Kentucky.

Dr. Koromia enjoys all things tech, and being a dad to his five children.

Dr. Koromia's office is located in Professional Center II at Firelands Regional Medical Center, 703 Tyler St., Suite 252, Sandusky. He is accepting new patients. To schedule an appointment, call 419-557-7755.

LINDA NJOROGE, MD, FACC



Linda Njoroge, M.D., recently joined the Firelands Physician Group Cardiology practice. Dr. Njoroge's medical interests include cardiovascular health disparities, women's heart disease, advanced heart failure and transplantation.

Dr. Njoroge earned her doctor of medicine at the University of Nairobi in Nairobi, Kenya. She completed her internal medicine residency at East Carolina University in Greenville, North Carolina. She completed her advanced heart failure/cardiac transplantation fellowship at Case Western Reserve University in Cleveland, Ohio; cardiovascular disease fellowship at Marshall University in Huntington, West Virginia; and advanced heart failure/cardiac transplantation at the University of Kentucky-Gill Heart and Vascular Institute, in Lexington, Kentucky.

Dr. Njoroge's office is located in Professional Center II at Firelands Regional Medical Center, 703 Tyler St., Suite 252, Sandusky. She is accepting new patients. To schedule an appointment, call 419-557-7755.

CHRISTIAN SIEBENALER, MD



Christian Siebenaler, M.D., recently joined the Firelands Physician Group Physical Medicine and Rehabilitation practice. Dr. Siebenaler's medical interests include sports medicine and sports-related injuries, stroke recovery, spinal cord injuries and brain injuries.

Dr. Siebenaler earned his doctor of medicine at The University of Toledo College of Medicine. He completed his physical medicine and rehabilitation residency at The University of Toledo Medical Center.

Outside of work, Dr. Siebenaler enjoys spending time with his wife, son and three dogs, as well as golfing, cooking, exercising and rooting for the Detroit Lions.

Dr. Siebenaler sees patients in Professional Center II at Firelands Regional Medical Center, 703 Tyler St., Suite 352, Sandusky. To schedule an appointment, call 419-557-6785.

AUSTEN SMITH, DO



Austen Smith, D.O., recently joined the Firelands Physician Group Weight Management and Nutrition Clinic. Dr. Smith's medical interests include nutrition, exercise and wellness.

Dr. Smith earned his doctor of osteopathic medicine at Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio. He completed his family medicine residency locally at Firelands Regional Medical Center. He also completed fellowship training in obesity medicine at Brigham and Women's Hospital of Harvard Medical School in Boston, Massachusetts.

Outside of work, Dr. Smith can be found running along the waters of Lake Erie, at the gym, or enjoying a healthy meal. His hobbies include weightlifting, watching the Columbus Blue Jackets, The Ohio State Buckeyes, playing chess, and spending time with friends and family.

Dr. Smith sees patients at Firelands Center for Coordinated Care, 1221 Hayes Ave., Suite F, in Sandusky. Weight management is both a referral-based and self-referral service. To make an appointment, call 419-557-6550.

KIMBERLY NAVRATIL, MSN, APN, ACNS-BC



Kimberly Navratil, MSN, APN, ACNS-BC, recently joined the Firelands Physician Group Port Clinton Family Medicine office. Kimberly is a board-certified advanced practice nurse with over eight years of family medicine experience.

Kimberly earned her Bachelor of Science in nursing and Master of Science in nursing from The University of Akron in Akron, Ohio.

Kimberly's office is located at 3960 East Harbor Road, Port Clinton. To schedule an appointment, call 419-732-0700.



Sharon Traut started the year with a bang - a January trip with girlfriends to Disney World followed by a trip to the Grand Canyon with her husband. Sharon is used to an active lifestyle. She takes the stairs to her office where she works full-time, enjoys time with her six grandchildren, rides her own motorcycle, bikes, and frequently travels and gathers with friends and family. When March rolled around, however, she could hardly walk. "It was strange," said Sharon, "starting in March, I had limited movement and was in a lot of pain. It was obvious something was wrong."

Sharon got to the point where she could barely walk. "All I did was go to work, come home, and lay down with ice on my back."

Fighting the Pain

Sharon went to her family doctor and told him she was stiff, having difficulty standing and walking and uncomfortable when sitting. Because Sharon had pain on both sides of her hips, she and her doctor thought the source was her lower back. She attended a few physical therapy visits and was prescribed a round of steroids, with no relief. Sharon thought losing weight would help her back, but it didn't lessen her discomfort. Her chiropractor wasn't able to relieve her pain, either.

Sharon's family doctor ordered X-rays that showed arthritis in both of her hips. Her doctor told her she could live with the pain or be referred to an orthopedic surgeon. "I was in a lot of pain and anxious to see what someone else recommended," Sharon said.

Consult to Surgery

At her first appointment, Justin Kelley, D.O., a fellowship-trained orthopedic surgeon at Sandusky Orthopedics, told Sharon she needed both hips replaced. Joint replacement surgery is typically recommended for patients who have tried non-surgical treatment but continue to experience decline and disabling pain.

"At Sharon's initial visit, I looked at her X-rays and saw the degenerative hip joints," Dr. Kelley said. A degenerative joint is one that has deteriorated and needs to be repaired. "When it comes to hip arthritis, and you've been through the other treatment options as Sharon had, the next step is a joint replacement procedure."

An Essential Part of Recovery

Despite having major surgery on the largest joint in the body, patients who undergo a hip replacement

"My goal with each patient is to understand where their complaints are coming from and make them feel better, whether it's hip, knee, shoulder, back, or other musculoskeletal issues. Our bodies are made to move, and living a life of work or play in pain is something I can help with," said Dr. Kelley. "We want to help our patients function without pain and live their life as it's meant to be lived."



A New Lease on Life

have to stand and walk on the same day. Physical therapy is part of the recovery process to help improve muscle strength and range of motion.

A Firelands Health physical therapist and an occupational therapist went to Sharon's home the day after her surgery. The therapists checked the surgical site and aided in the mobility aspects of Sharon's recovery. They made sure she could maneuver at home, get up from a seated position, safely use a shower chair and suggested ways to gradually make it easier to get around.

With two to three rehab sessions a week, Sharon quickly noticed improved mobility and less pain in her new hip. At her six-week follow-up appointment, Dr. Kelley asked Sharon if she was ready to replace her other hip. "I had two surgeries 10 weeks apart. I think what helped in my recovery from the second

surgery was the strength I'd gained from physical therapy after my first hip replacement."

"I went home the same day I had surgery and was happy that I could stay in Sandusky and not have to travel for medical care," Sharon said. "I am thankful for Firelands because they guided me through a process and treated me like a family member. Now, I'm able to work in my flower beds, vegetable garden, play with my grandkids and do everything I did before, without pain. I was given a new lease on life."

The Sandusky Orthopedics team performs over 100 hip replacements each year. Whether you're just starting the process or would like a second opinion, Sandusky Orthopedics is here to help.

For more information, call 419-625-4900 to get started on your hip-care journey.





From Housekeeping to Pharmacy

When the pandemic hit, Deanna Mathis knew she needed a stable job with good benefits and turned to Firelands Health. She was hired in 2020 as a housekeeper in the environmental services department.

One day, she received an all-staff email mentioning a pharmacy technician training program at Firelands. Although she had completed pharmacy technician training at the Sandusky Career Center in 2010, her certification had lapsed.

"It seemed interesting, fast-paced and something different. Since I went for it before, I thought this is my chance. Let's do it again and stay on top of the continuing education," said Deanna.

She took the chance and applied for the program, successfully secured an interview, and commenced her training. Deanna said the hardest part of it was obtaining her diploma and transcripts from her high school in Pennsylvania. After a period of time waiting for her diploma, she finalized the paperwork and moved from the environmental services department to the pharmacy.

Deanna's training was a combination of short classes a few days a week and on-the-job supervision. While she helped cover shifts for housekeeping, her job

was training to be a pharmacy tech. Deanna was training across departments to learn every aspect of the pharmacy within Firelands. Now, she restocks the Pyxis—a medication dispensing system.

Deanna enjoys her new co-workers, but still visits her former team members in the environmental services department when she has time. Good health insurance, retirement plan, workout classes, employee discount programs and other benefits make Firelands a great place to work, but it's the people that make you stay.





Behind the Scenes in Healthcare

We've all lived through a pandemic and have firsthand experience attempting to control a viral infection. Though COVID-19 is still top of mind for most of us, germs and their impact have a deep history. The bubonic plague was spread by fleas and killed millions of Europeans. Fast forward to the 20th century when life expectancy rose to above age 50, thanks to public health measures like sanitation, vaccination and antibiotics to control infectious diseases. Although it was thought that infectious diseases could be totally controlled, they are still a significant public health problem worldwide.

In the 1970s, all accredited hospitals became required to have a formal infection prevention and control program that evolved into a hospital department. Firelands Regional Medical Center's infection prevention and control department has one full-time and one part-time RN working as infection preventionists.

One of the essential roles of the preventionists is to educate patients and staff on precautions to decrease the spread of infection. For example, requesting visitors wash their hands when they enter and leave a patient's room is a necessary precaution to prevent the spread of an infection. Why is education necessary? Let's say you visit a patient in the hospital who has MRSA and shake hands or hug them before leaving their room. Suppose you forget to wash or sanitize your hands on the way out. When you leave, you touch an elevator button with the unwashed hand, which can spread the infection to hospital staff, other patients or visitors.

"Infection prevention and control is a department in the hospital, but it is a team effort among all hospital staff to decrease and eliminate microorganisms within the hospital to create a safer environment for our patients and employees," said Sydney Cmar, RN, MPH, infection prevention and control coordinator.

Keeping the Hospital Clean

Not all germs are eliminated in the same way. The infection preventionists work closely with the environmental services (EVS) team to determine which products are required to kill specific germs and disinfect spaces. After each use, EVS cleans and disinfects every operating room and patient room from top to bottom. Bed frames, including the underside, and every surface are thoroughly cleaned, including the TV remote and nurse call buttons. There are 80 random

audits conducted on rooms each month using a machine that can show germs under a special light to ensure surfaces are free from germs.

The infection preventionists are also part of every construction project. They consider any risk and ensure practices are in place to perform the work safely, eliminating risk to patients or employees during the project.

Devices and Instruments

Firelands follows strict guidelines for disinfecting and sterilizing devices and instruments such as intravenous (IV) machines and poles, blood pressure cuffs, respirators and surgical instruments used in the operating room. Patients with central IVs, urinary catheters and ventilators are closely monitored for potential infections.

Precautions

More than 300 types of infections or conditions have guidelines for precautions. Most of us have heard of C diff, RSV, influenza, pneumonia and meningitis, but the infection prevention and control staff track and report all types. They maintain the highest possible level of infection control within the hospital.

Another facet of the preventionists' role is to provide guidelines for the hospital staff on the proper protective equipment for different infections, and audit hospital units for potential risks of infection.

Quality and Reporting

All positive reports coming through the microbiology department of the lab are reviewed daily by nurses. The infection preventionists determine if the patient with the positive test had the microorganism at admission or if the infection developed while the patient was in the hospital. Reports are compiled and reported to the required national database for hospitals.

Michael Blank, M.D., infectious disease specialist with Firelands Physician Group, works closely with the infection prevention and control department and is consulted daily for hospital patients with an infectious disease. Dr. Blank also sees patients for infectious diseases in an outpatient clinic at 1221 Hayes Ave., Suite B, in Sandusky. **To schedule an appointment, call 419-557-6780.**

Dr. Poynter Bridging the

Milestone birthdays often serve as a time to pause and reflect. For Norleena Poynter, M.D., her 30th birthday was no exception. Despite a successful career as a consultant at Ernst & Young, Dr. Poynter felt called to do more. Her story is one of transformation, from information technology to radiation oncologist.

Leaving behind a successful consulting career and trading in her platinum frequent-flyer card for textbooks and lab equipment, Dr. Poynter began the journey of pursuing medicine. The once familiar world of corporate deadlines, client meetings, and spreadsheets was now replaced with organic chemistry, biology and physics. As someone who had spent years in information technology, she found herself navigating the unfamiliar territory of pre-med classes, often taking cues from classmates 10 years younger.

The change from information technology to medicine may seem like a leap between two vastly different worlds. Yet, in the eyes of Dr. Poynter, the human body, with its intricacies and complexity, is the ultimate information system. Her prior career had revolved around data processing principles that would lead to a solution to meet her client's satisfaction. Now as a physician, she employs treatment algorithms and randomize controlled trials, only to watch in fascination as the same intervention heals one patient and fails another.

"Medicine presents the ultimate information system, one which will continue to challenge me throughout my career," Dr. Poynter said.



Worlds of Technology and Medicine

During her medical education, it was her cancer patients who left a lasting impression on Dr. Poynter. The complexity of their illness demanded more than just clinical expertise; it required a compassionate partner and collaborator. Oncologists, she discovered, not only treat the disease but also navigate the myriad of life and death issues that accompany it. It was this intensity and the opportunity to make a significant impact on someone's life that drew her toward the field of oncology.

Now, at the end of a long workweek, Dr. Poynter no longer questions the purpose of her work. Her medical and technology training allows her to contribute meaningfully to the field of radiation oncology and provide improved care to her cancer patients.

Her technology background has served her well in her practice. Radiation techniques have improved significantly, enabling precise targeting of tumors with millimeter-accuracy while minimizing damage to healthy tissues. The advancements in medical technology are astounding, but Dr. Poynter also emphasizes the importance of cancer prevention. According to the World Health Organization, up to 50% of all cancer cases are preventable, with lifestyle

changes playing a significant role. Dr. Poynter encourages individuals to make choices like avoiding tobacco, getting vaccinated, increasing physical activity, and adopting healthier diets to reduce their cancer risk.

Dr. Poynter's decision to work at Firelands was driven by her love for Lake Erie and the boating lifestyle. Firelands is a Level 3 trauma center uniquely positioned to provide specialty services to the North Coast community. She values the opportunity to collaborate with other top-notch physicians from renowned academic centers, including the Cleveland Clinic, The University of Toledo Medical Center, The Ohio State Wexner Medical Center and University Hospitals.

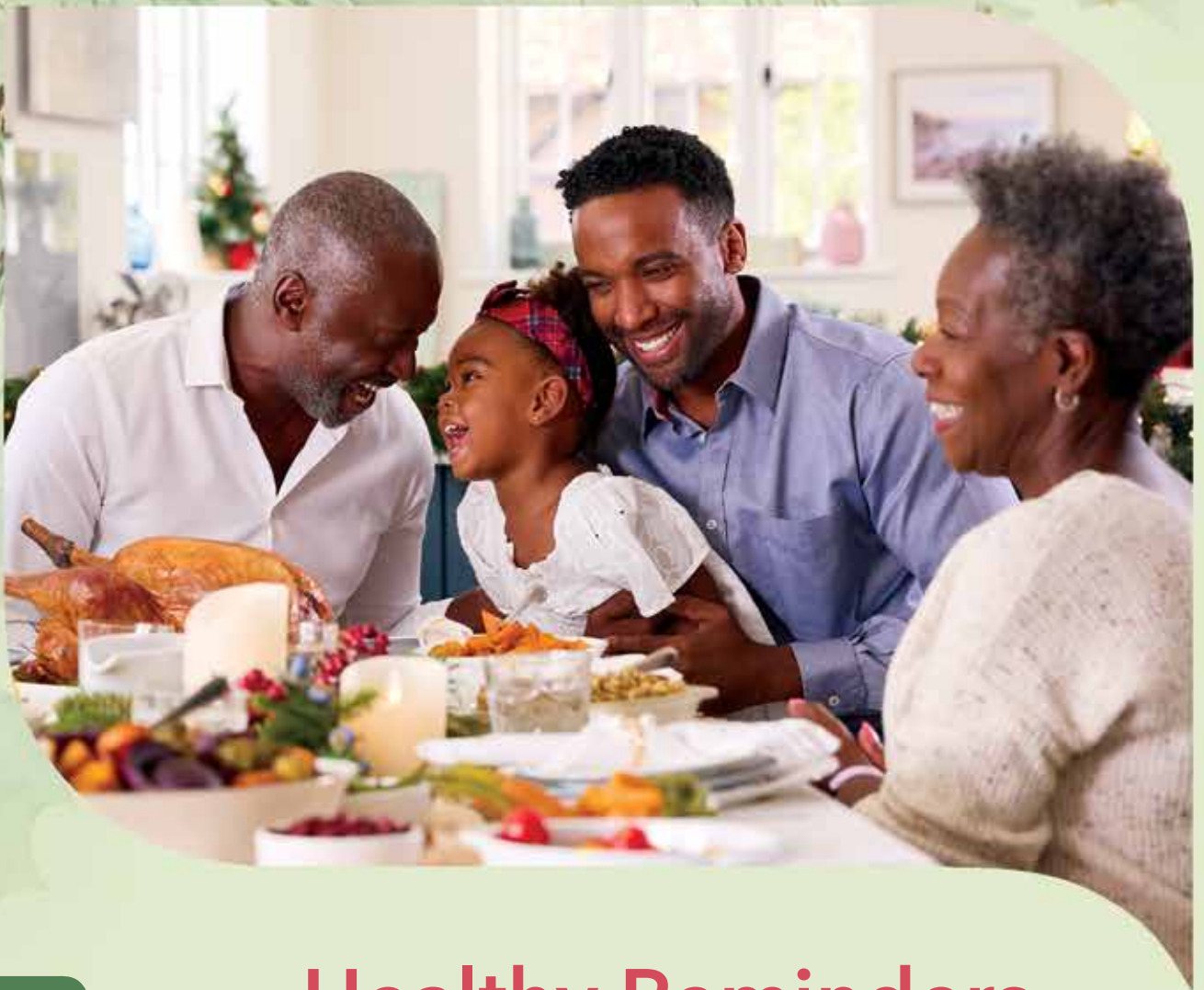
Since joining Firelands, Dr. Poynter has worked to improve prostate cancer treatment in the community, implementing advanced imaging and cutting-edge radiation techniques that can target prostate cancer in as few as five treatments. Genomic testing allows for personalized treatment plans tailored to each patient's unique cancer profile. She has also implemented shorter radiation treatment schedules for breast and lung cancer, allowing patients to return to their activities as soon as possible.

Dr. Poynter is a practitioner of integrative oncology, bridging Western medicine with Eastern practices to manage treatment side effects. Her clinic offers innovative solutions like a green tea spray to reduce radiation-related skin changes, oral supplements to prevent mouth sores, and referrals for massage and acupuncture services.


Outside of her medical endeavors, Dr. Poynter finds solace and joy on the water. She and her husband love to travel on their boat, exploring the Great Lakes and many Canadian and US waterfront towns. Dr. Poynter is a dog lover and her two Coton de Tulears often accompany her on stand-up paddle-boarding adventures. Her dedication to her patients and her zest for life outside of medicine earned her a touching accolade from her staff: "Great doctor, even better person."

Through Dr. Poynter's journey, we witness the remarkable transformation of a successful technology consultant into a compassionate physician dedicated to advancing cancer treatment and promoting prevention. Her story is a testament to the impact one person can make when they follow their heart's true calling.





Healthy Reminders



Reminders are meant to keep us on track. We can tell our phone to send us reminders, we write notes to ourselves and some still use a string around their finger. News-wise we get seasonal reminders. In the summer we are advised to beware of shark attacks and to wear sunscreen, and in the fall it's back-to-school readiness and vaccines. Around the holidays, we anticipate an update on Black Friday shopping strategies and food prep tips for the many planned gatherings. All of these bear repeating because we all need to be reminded. Here are a few healthy reminders for the holiday season.

Healthy Gatherings

- Cover your cough.
- Wash your hands often.
- Take daily vitamins, including vitamin D. We don't get as much vitamin D in the winter because of our skin's lack of exposure to the sun.

Healthy Mental Health

- Drink sensibly. Excessive alcohol use can heighten negative feelings.
- Keep your expectations in check.
- Avoid impulse spending so your bank account is one less stressor over the holidays.
- Stick to your exercise, sleep and diet routine as closely as possible.

Healthy Eating

- Try a new, healthier version of an old recipe. For example, the American Heart Association has heart healthy recipes for classic holiday dishes.
- Drink plenty of water to keep you full and hydrated.
- If you want to try a little bit of everything, consider filling your plate half full instead of heaping it full.
- "It's OK to celebrate and have a cheat day every once in a while," said Austen Smith, D.O., weight management specialist, Firelands Physician Group. "Christmas and Thanksgiving are one day out of the year; the goal is not to cheat an entire season."

Sweet Dreams



There's a lot to be said for a good night's rest. For some, it's about the thread count in their sheets, the mattress firmness and the thickness of their pillow. But what adds up for sound rest is sleep's impact on our brain and overall body functions.

Sleep has been proven to improve memory recall, regulate metabolism and reduce mental fatigue. When we sleep, the brain reorganizes, recharges itself, and removes toxic waste byproducts accumulated throughout the day. Toxic waste products in the brain are the protein beta-amyloid, the plaques associated with Alzheimer's disease and dementia.

Each phase of the sleep cycle restores and rejuvenates the brain. When sleep is deprived, toxins can build up, and the effects will become apparent in cognitive abilities, behavior and judgment.

Sleep is divided into two major phases, and each phase is divided into stages. The first phase is non-rapid eye movement (NREM), which is the phase we're in when we first doze off. In the first stage of NREM, stage N1 sleep, we transition from wake into a drowsy state that almost feels like we're still awake. Most people spend the majority of their sleep in the next phase, stage N2. During that stage, our muscles relax, our heart rate slows and our temperature drops - but now the brain also works on saving memories and recharging overall energy. The last stage of NREM sleep is N3, also called deep sleep, which, if it gets interrupted and we're woken, there are a few minutes of disorientation. NREM is the phase that helps the brain with learning and memory and is the more restorative and restful phase of sleep.

The second phase is rapid eye movement (REM), which gets its name because eyes move rapidly behind closed lids. During this stage, the system works so hard that brain waves are nearly as active as when awake; our heartbeat and breathing become rapid and irregular, muscles are paralyzed, and the core body temperature drops. Most dreaming occurs during REM. The most essential job in REM sleep is solidifying memory, especially by making the connections that let us jump from a problem to a solution. REM also helps our brain erase memories it doesn't need to build more memory storage.

When things are working right, our brains will pass through stage 1, stage 2, stage 3, and REM step by step. This cycle typically repeats itself four to five times per night.

Sleepyheads

Many sleep through the night only to wake up feeling unrefreshed or nodding off during the day. Being sleepy when bored or sitting still is your brain telling you that it needs more repair and recharge, just like being hungry means your body needs food. The most common cause of sleepiness is simply not getting enough sleep, and most people don't realize how dangerous that can be. When the body doesn't get enough sleep, everything from the immune system to emotions to metabolism gets out of balance.

Tiredness, though, can come from a wide variety of sleep problems. Insomnia, problems getting to or staying asleep, is one of the most common sleep disorders and can often be treated effectively with or without medications. Snoring can bother everyone around the sleeper, but it means the throat is narrowing during sleep. If the throat narrows enough, the body will interrupt sleep to get a good breath, which is the core problem in sleep apnea. It's important to remember that while others may gasp or even stop breathing in their sleep, the narrowing doesn't have to be that bad for sleep apnea to cause health and energy problems.

The Center for Sleep Disorders at Firelands Regional Medical Center can assess for sleep disorders and more, in adults and children. Our board-certified sleep specialists care for conditions from narcolepsy to restless legs syndrome to abnormal dreaming to exploding head syndrome (don't worry - it's not as messy as it sounds!) We offer a full spectrum of care, from initial evaluation and sleep study through diagnosis and long-term management.

To schedule an appointment with a sleep specialist at our accredited sleep facility, call 419-557-7840. A physician referral is required for a sleep study. **For more information, go to firelands.com/sleep or call 419-557-7740.**

Lifesaving Care Close



Frightened and Vulnerable

Toni and her family were vacationing at Cedar Point on the 4th of July weekend when she complained of a fever and stomachache. Her mom and dad took her to the first aid station at Cedar Point, where they were advised to take Toni to the Firelands Regional Medical Center Emergency Room. The ER doctor diagnosed her with appendicitis and she underwent surgery that evening. "The nurses were amazing," says Toni's mother, Melanie. "They took her outside to see the fireworks



You Never Know When Your Life Might

Dean, a healthy 41-year-old dad of four was waiting for his co-worker and sat down in a back corner of his place of employment. All of a sudden, he began to perspire and he felt short of breath.

"I suddenly felt a squeezing sensation in my chest," Dean said. "I don't remember anything after that."

Dean was in full cardiac arrest. Thankfully, his co-workers immediately called 9-1-1 and just as he began to arrest, emergency personnel arrived. That was the first time

Your gift does **HELP PEOPLE** in our **COMMUNITY**.

That is why we are asking you to make a gift of any size in support of Firelands Health.



Anxious and Terrified

Kayla, eagerly awaiting the birth of her son, experienced complications that required her to be induced one month early. Her doctor had warned her there was a possibility that her baby's lungs may be underdeveloped. Almost immediately after her son, Bobby, was born, he began having difficulties breathing independently and required a high level of care.

The care team immediately contacted a neonatal intensive care unit (NICU) an hour away. Given Bobby's condition, the NICU stated that they were satisfied with Bobby staying at Firelands Health if the care team and Bobby's family

You never know when you might need us. Just ask Toni, Dean,

to Home

and took her down to the lobby several times to see the fish tank. She was well taken care of; her hospital stay couldn't have gone any better. Our experience at Firelands is the best we've had with any hospital." As for Toni, Melanie reports, "She liked the hospital so much she didn't want to go home. She told us Firelands is the only hospital she'll ever go to!"

Be in Danger

medical professionals had to shock his heart back to life...the first of more than fifteen times medical professionals would save Dean's life that day. On the way to Firelands Regional Medical Center's Emergency Room, the EMS team transmitted Dean's EKG to the ER staff using the LIFENET® system, purchased by donated funds to the Firelands Regional Medical Center's Heart Center. The cath lab interventional cardiologist and the cath lab staff used an intra-aortic balloon pump purchased through donations to the Firelands Heart Fund and saved Dean's life.



THE FOUNDATION FOR
FIRELANDS

We appreciate a gift of any size. You may use the enclosed remittance envelope to **mail a check** made payable to:
The Foundation
for Firelands
1111 Hayes Ave.
Sandusky, Ohio 44870

Visit
foundationforfirelands.
com/give
or call
The Foundation
for Firelands at
419-557-7150 to make
a gift via credit card.

Firelands Regional Medical Center relies on the generosity of our community to remain on the cutting edge of medicine and to help those in need when they have health emergencies. Please consider one additional gift this holiday season. Give the gift of health through a donation of any size to The Foundation for Firelands.

Gifts to The Foundation for Firelands are tax-deductible for income tax purposes within the limits prescribed by state and federal laws.

were comfortable with him receiving treatment at Firelands. Bobby stayed at Firelands, and the pediatric hospitalist and nurses provided Bobby with the expert care he needed. The care team put him on oxygen and fed him through a feeding tube. Bobby's condition required an extensive hospital stay. Kayla later shared, "I will never forget their kindness towards me and my family or the exceptional care they gave my son. I'll be forever thankful to every one of them. I'm grateful we could stay at Firelands Health with incredible doctors and nurses, and close to my husband and children."



and Kayla...we are here for you 24 hours a day, seven days a week.

Women & Children



Babysitting Course

Children 11 years of age and older will learn important safety information and responsibility guidelines when caring for younger children.

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$75

8:30 a.m. - 4 p.m.

• **Saturday, March 16**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Breastfeeding Basics

Teaches new parents the benefits of breastfeeding and how to successfully breastfeed their baby.

University Hospitals Seidman Cancer Center at Firelands

701 Tyler St., Sandusky

Cost: \$10

9:30 - 11:30 a.m.

• **Saturday, January 20**

• **Saturday, March 16**

• **Saturday, May 18**

• **Saturday, July 27**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Breastfeeding Mom-Baby Group

Drop in to our free, weekly mom-baby group. This is a time to talk and relax with other moms. It also provides an opportunity to talk with one of our lactation consultants, who will be available to help with any questions you may have and weigh your baby.

Firelands Main Campus

1111 Hayes Ave., Sandusky

Cost: FREE

11:30 a.m. - 12:30 p.m.

• **Every Thursday**

Visit firelands.com, or call 419-557-7596 for more information.



Childbirth Education

Prepares new parents for childbirth and caring for their new baby.

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$35

6 - 8:30 p.m.

• **Wednesdays**

January 3, 10, 17, 24

• **Wednesdays**

February 7, 14, 21, 28

• **Wednesdays**

March 6, 13, 20, 27

• **Wednesdays**

April 3, 10, 17, 24

• **Wednesdays**

May 1, 8, 15, 22

• **Wednesdays**

June 5, 12, 19, 26

• **Wednesdays**

July 31, August 7, 14, 21

6 - 9 p.m. and 9 a.m. - 4 p.m.

• **Friday and Saturday**

July 19 & 20

Visit firelands.com/classes-events or call 419-557-7292 to register.

Childbirth Refresher

Anyone who has previously taken a full childbirth education course may repeat the course for \$10. Although welcome to attend an entire course, parents can limit their attendance to select classes of the course, which will provide information the parents may wish to review.

Cost: \$10

**Friday & Saturday Course:
Attend Saturday only,
9 a.m. - 3 p.m.**

Weekday Course:

**Attend 2nd and 3rd night of
the 4-class course**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Happiest Baby on the Block

Parents will learn a step-by-step approach to soothe the fussiest baby. Based on the techniques of world-renowned pediatrician Dr. Harvey Karp.

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: FREE

12:30 - 2:30 p.m.

- **Wednesday, January 17**
- **Tuesday, March 26**
- **Tuesday, June 11**

6 - 8 p.m.

- **Thursday, February 29**
- **Tuesday, April 16**
- **Tuesday, May 21**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Sibling Course

This course prepares children for the upcoming birth of their sibling by helping them feel comfortable with the hospital setting and the visiting routine after birth.

Firelands Main Campus

1111 Hayes Ave., Sandusky

Cost: \$10 per family

10 - 11:30 a.m.

- **Saturday, May 11**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Stork Express

Free program designed to give pregnant women the opportunity to start on paperwork that is required during their hospital stay. For any mom-to-be that is at least 34 weeks into her pregnancy.

Firelands Main Campus

1111 Hayes Ave., Sandusky

9 - 11 a.m.

- **Saturday, January 13**
- **Saturday, February 10**
- **Saturday, March 9**
- **Saturday, April 13**
- **Saturday, May 11**
- **Saturday, June 8**
- **Saturday, July 13**

Visit firelands.com/classes-events or call 419-557-6515 to register.



Pediatric Specialty Clinics

Monthly specialty clinics for children, staffed by board-certified pediatric specialists.

Firelands Main Campus

1111 Hayes Ave., Sandusky

Pediatric Cardiology Clinic

Claudine Whitfield, MD

Toledo ProMedica Hospital

Pediatric Cardiology Specialist

Call 419-557-7840 for an appointment.

Firelands Sandusky Healthcare Center

2520 Columbus Ave., Sandusky

Pediatric Gastroenterology Clinic

Denise Young, MD

Sharon Perry, NP

Rainbow Babies & Children's Hospital

Pediatric Gastroenterology Specialist

Call 1-800-377-3117 for an appointment.

Pediatric Neurology Clinic

Max Wiznitzer, MD

Kathy Maxwell, NP

Jennifer Waldron, MD

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

Call 1-800-377-3117 for an appointment.

Pediatric Orthopedic Clinic

Christine Hardesty, MD

Michael Glotzbecker, MD

Rainbow Babies & Children's Hospital

Pediatric Orthopedic Specialist

Call 1-800-377-3117 for an appointment.

Pediatric Pulmonology Clinic

Amy DiMarino, DO

Rainbow Babies & Children's Hospital

Pediatric Pulmonology Specialist

Call 1-800-377-3117 for an appointment.

*For general information, contact
Cortney Isbell at 419-557-6767.*





Screenings

Free Breast Health Screening

For the uninsured or underinsured. Screening will include a clinical breast exam, education on prevention and early detection, and screening mammogram if indicated. Call 419-557-5205 for more information regarding the spring breast cancer screening.

Health and Wellness Lab Screenings

Various screenings offered to community members for a low-cost fee. Cash, check or credit card accepted.

Costs:

Complete Blood Count with Metabolic & Lipid Panel - \$45

(No eating or drinking for 12 hours - water allowed)

Hemoglobin A1C - \$25

PSA - \$30

Vitamin D - \$35

TSH - \$25

Firelands Sandusky Healthcare Center

2520 Columbus Ave., Sandusky

7 - 9:30 a.m.,

appointments required

- **Saturday, January 20**
- **Saturday, February 17**
- **Saturday, March 16**
- **Saturday, April 20**
- **Saturday, May 18**
- **Saturday, June 15**
- **Saturday, July 20**

Must pre-register for all lab work.

Call 419-557-7840 to register.

Community

Events, Groups and Presentations

Cancer Survivorship Day

Help celebrate and support our cancer survivors or anyone touched by cancer. Event includes live music, luminaria dedication, ice cream social and more. Doors open at 11 a.m.

University Hospitals Seidman Cancer Center at Firelands

701 Tyler St., Sandusky
11:30 a.m. - 1:30 p.m.

• **Thursday, June 6**

Visit firelands.com/rise



Breast Cancer Support Group

University Hospitals Seidman Cancer Center at Firelands

701 Tyler St., Meeting Room 10
New support group for women with a recent diagnosis, in treatment and during follow-up care for breast cancer. Find support from others who share your experience and help you stay on the path to recovery.

Visit firelands.com/breastcancersupport or call 419-557-2540 for more information. Group sessions are free, but registration is required each month.

Luncheon Club

Sandusky Yacht Club

529 E. Water St., Sandusky
Firelands 55+ Luncheon Club is scheduled to resume in April.



Auxiliary/Gift Shop

Sales and Events

Watch for more information regarding upcoming sales and events.

Education



Basic Life Support (BLS)

This course provides information for healthcare providers who currently do not have certification.

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$55, includes textbook
8 - 11 a.m.

- Tuesday, January 23
- Wednesday, January 31
- Wednesday, February 7
- Friday, March 8
- Tuesday, March 19
- Thursday, April 25
- Wednesday, May 1
- Tuesday, May 21
- Wednesday, June 26
- Thursday, July 11

1 - 4 p.m.

- Monday, January 8
- Thursday, February 29
- Tuesday, April 2
- Thursday, May 30
- Tuesday, June 11
- Monday, July 22

Visit firelands.com/classes-events or call 419-557-6740 to register.

CPR for Family & Friends

Designed to prepare people to provide CPR in a safe, timely and effective manner to adults, children and infants. This program is intended for people with no medical training who want to learn more about CPR, AED use and obstructed airway.

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$10

9 a.m. - noon

- Saturday, February 24
- Saturday, April 6

Visit firelands.com/classes-events or call 419-557-6740 to register.

Heartsaver CPR/AED with First Aid

This full provider course covers adult, child and infant CPR, plus AED usage, and also obstructed airway.

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: May take each class separately for \$55, or as a combo for \$100; price includes textbook.

8 a.m. - noon

- Wednesday, January 10
- Wednesday, February 14
- Wednesday, March 13
- Wednesday, April 10
- Wednesday, May 8
- Wednesday, June 12
- Wednesday, July 17

Visit firelands.com/classes-events or call 419-557-6740 to register.

Medical Terminology

This course discusses the basic knowledge of the language of medicine and explains how complex medical terms are formed. No previous knowledge of medical terminology is required.

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$150, includes materials
12:30 - 2:30 p.m.

- Tuesdays,
January 9-March 5

Visit firelands.com/classes-events or call 419-557-6740 to register.

Stop the Bleed

Designed to teach bystanders the importance of quickly stopping blood loss in the event of an emergency situation.

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$15, optional supplies will be offered for purchase during class.

1 - 2 p.m.

- Wednesday, January 10
- Wednesday, April 10
- Wednesday, July 17

Call 419-557-7523 to register.

American Red Cross Blood Drives

Appointments are required. For location and to schedule, visit redcrossblood.org, or call 1-800-RED-CROSS.

11 a.m. - 5 p.m.

- Friday, January 12
- Friday, January 26
- Friday, February 9
- Friday, February 23
- Friday, March 8
- Friday, March 22
- Friday, April 12
- Friday, April 26
- Friday, May 10
- Friday, May 24
- Friday, June 14
- Friday, June 28
- Friday, July 12
- Friday, July 26





Many-Veggie Vegetable Soup

PREP TIME: 10 MIN
COOK TIME: 30 MIN
TOTAL TIME: 40 MIN
SERVINGS: 6
SERVING SIZE: 1 CUP

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- ½ teaspoon sea salt and fresh black pepper to taste
- 1 medium carrot, diced
- 1 small sweet potato, diced
- ¼ cup dry white wine, i.e., pinot grigio
- 1 (14.5-ounce) can diced fire roasted tomatoes
- 4 cloves garlic, chopped
- 2 teaspoons dried oregano
- ¼ teaspoon red pepper flakes, more to taste
- 4 cups unsalted vegetable stock
- 2 bay leaves
- 1 cup halved cherry tomatoes
- 1 cup chopped green beans
- 1 zucchini, diced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons white wine vinegar
- 1½ cups chopped kale

This flexible vegetable soup recipe is perfect for using whatever veggies you have on hand. It's a healthy, vegan meal that's great for cool fall and winter days.

Directions:

1. Heat the oil in a large pot over medium heat. Add the onion, ½ teaspoon sea salt and several grinds of pepper. Cook, stirring occasionally, for 8 minutes. Add the carrot and sweet potato. Stir and cook 2 more minutes.
2. Add the wine and cook for about 30 seconds to reduce by half. Then add the canned tomatoes, garlic, oregano and red pepper flakes. Stir in the vegetable stock and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.
3. Stir in the cherry tomatoes, green beans, zucchini and chickpeas. Cover and cook 10 to 15 more minutes, until the green beans are tender.
4. Stir in the vinegar, kale and more pepper to taste. Serve.



NUTRITION INFORMATION PER SERVING

Calories	190 calories
Protein	6 grams
Total Fat	6 grams
Saturated Fat	0 grams
Monounsaturated Fat	3.5 grams
Carbohydrate	25 grams
Fiber	6 grams
Sodium	660 milligrams
Potassium	450 milligrams
Phosphorus	85 milligrams

Nutrition information compiled from the USDA's FoodData Central for standard reference.