



Dear Friends,

Firelands Health remains dedicated to its mission of providing excellent healthcare, promoting community wellness, and improving the lives we serve. We would not be able to accomplish our mission without the support from our donors and community partnerships, who are creatively finding new ways to keep our community healthy and thriving amidst these unprecedented times. THANK YOU ALL!

While we have learned much about COVID and continue to stand ready for challenging times ahead, we are optimistic and excited to experience summer in this great region known as Ohio's north coast. There is NO better place to spend a summer than on the sunny shores of Lake Erie. The beaches, boating, excellent restaurants, island hopping, roller coasters, water parks, and more await memories for us to make with our loved ones. As you venture out to enjoy life as we knew it before the pandemic, please know that Firelands Health will continue to provide the best care possible, keeping our patients and their families safe while visiting our facilities.

2021, while challenging for sure at times, marked many exciting changes for Firelands Health and the communities we serve.

In October of 2021, Firelands Health opened the Sandusky Healthcare Center at 2520 Columbus Avenue. We now offer our community a facility where individuals can receive healthcare services from childhood through

adulthood. The building aesthetics match the high quality of our providers and care teams. The delivery of care is centered around the patient and provider relationship, and laboratory services and x-ray services are available onsite for patient convenience.

2021 patient satisfaction scores reached an all-time high and are continuing upward. Our high-performing medical group consistently scores above the 90th percentile and is a crucial driver for our health system. Firelands Regional Medical Center patient satisfaction scores have been on a meteoric rise, going from scoring above the 80th percentile in the last quarter of 2021 to scoring at the 96th percentile in February of 2022. Every person and department that affects a patient's stay must be in sync and deliver their best teamwork to score so highly. As proud as I am of our team, the BEST part of this teamwork is that our patients are the ones who benefit! I received a letter from a patient that sums up the impact of this significant improvement:

"I had the best care that I have ever received in any hospital. Nursing staff, physician care, dietary staff, patient advocate staff, and other departments were very competent, friendly, and thorough. When I compare my experiences with other facilities, I am amazed, and I wonder how you have managed to have every department work together and follow your guiding principles. I live in Vermilion and, normally, have used facilities to the east in Cleveland over the years. Although I still use some of their services, I plan to use your facility for future needs. Thank you so much!"

Thanks to our talented physicians, care team, and new technologies, you will read about the growth of our Firelands Health Service Lines in this report. There are heartwarming stories of donors who have honored family members by creating funds to provide pulmonary rehabilitation therapy for post-COVID patients and nursing

scholarships to keep quality nursing care available in our community. Two exceptional families are featured that have created legacies of love out of their losses. We shine a spotlight on physicians who have contributed to the success of Firelands Health through their care for our community and pay tribute to Dr. Marty Beerman, a beloved member of the Firelands Family, who tragically lost his life in 2021.

Thank you to our Firelands associates, who have been flexible and responsive to caring for our patients during these incredibly challenging times. Your resilience, compassion, and dedication to our patients inspire me!

Our donors continue to be a large part of Firelands Health's ability to take care of our patients in the best way possible. We even had an anonymous donor create a fund in The Foundation for Firelands that provides reconstructive surgery to individuals, meeting specific criteria and positively impacting their self-esteem.

I sincerely want to thank you for your partnership and support during these ever-changing times. We need each other to keep hope and healing alive for our patients, community residents, and visitors to our area. You remind me how blessed I am to serve in the CEO role at Firelands Health through your generosity and kindness.

Sincerely,

Jeremy Normington-Slay
President and CEO

President and CEC Firelands Health

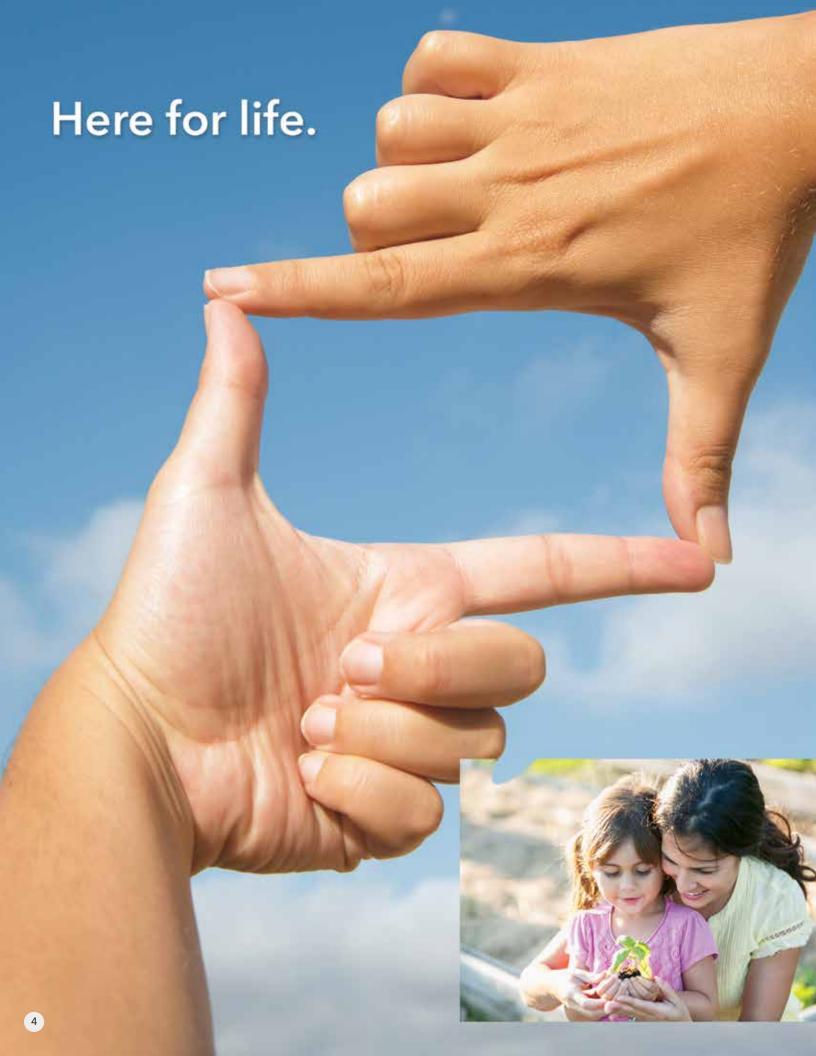


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Financial Statement

Firelands Acquires **ROSA Knee System** for Knee Replacement Surgery

Over 600,000 knee replacement surgeries are performed in the United States each year, making it one of the most common orthopedic procedures performed today.

As the area's leader in joint replacement surgery, Firelands Regional Medical Center has invested in the ROSA Knee System, a robotically assisted surgical system designed to personalize the approach to total knee replacement surgery.

"For everyone involved - surgeons, medical staff, and, most importantly, patients - ROSA Knee has the potential to offer a number of key benefits and advantages," says Dr. Robert Carlisle, a Firelands Physician Group orthopedic surgeon specially trained to use the new system. "I completed my joint replacement fellowship at the Mississippi Sports Medicine and Orthopedic Center in Jackson, Mississippi, where I was fortunate to train under one of the first surgeons in the United States to use ROSA. I am very comfortable with the system and wanted to bring the technology to Firelands when I established my practice here."

ROSA allows Dr. Carlisle to customize each knee implant in real-time and make adjustments if needed by using a camera and optical trackers attached to the patient's leg to determine where the knee is in space. Acting as a detailed global positioning system, ROSA can tell if the leg moves even a fraction of an inch and adjusts accordingly, ensuring a precise fitting of the implant. Throughout the surgery, ROSA provides Dr. Carlisle with data about the knee.

This information, combined with Dr. Carlisle's skill, helps him identify where to position the implant based on the patient's unique anatomy.

"The robot does not act on its own. It doesn't move unless I tell it to," says Dr. Carlisle. "It is a guide, but I am the one performing the procedure and making all the decisions." Dr. Carlisle plans to expand the use of ROSA to hip replacements soon.

One patient who benefitted from Dr. Carlisle's expertise with ROSA was George "Toby" Harkness. When cortisone injections no longer relieved the pain in his right knee, Toby was told he needed a knee replacement. "People said I should go to Cleveland, Toledo, or even Columbus to have the surgery, but I wanted to stay in Sandusky. I had heard that Dr. Carlisle was experienced in robotic knee surgery, so I decided to meet with him and find out what it was all about," says Toby. "I was very impressed with what Dr. Carlisle told me. He explained the ROSA System and how it was less invasive and more precise. I

also liked the fact that I wouldn't have to stay overnight in the hospital."

After the surgery, Toby received physical therapy at Firelands Physician Group Sandusky Orthopedics. "All the therapists who worked with me were excellent. Dr. Carlisle came into the physical therapy area a couple of times to see first-hand my progress. I thought that was exceptional on his part and am very appreciative of his interest and follow-up."

Toby returned to his job at JBT FoodTech three months after his surgery. "I work in the shipping department building crates to ship the equipment we manufacture. The job is physically demanding, but I'm not quite ready to retire. Having the knee replacement has allowed me to continue working."

"I am so glad I had my surgery at Firelands. There's no need to travel outside of the area for orthopedic care. We have excellent orthopedic surgeons right here in Sandusky."





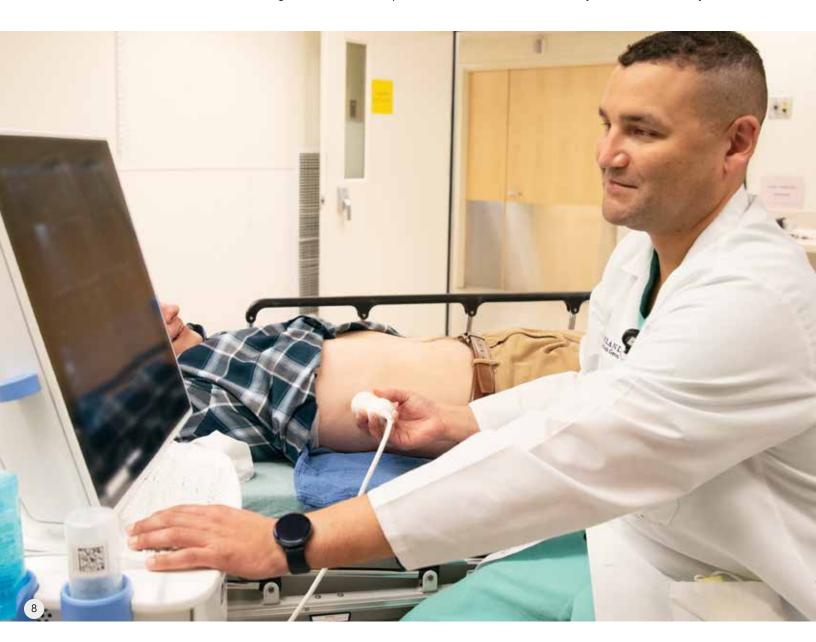
Firelands Gastroenterologist Offers New Procedures

Obera Balloon Fights Obesity

The Obera balloon is a non-surgical, non-invasive, incision-free weight loss procedure designed for people struggling with obesity. A deflated gastric balloon is inserted orally through the esophagus and placed directly into the stomach. The balloon is then filled with a sterile saline solution to inflate the balloon to the size of a grapefruit, reducing the amount the patient can eat. There are no incisions, stitches, or scars. The balloon is removed after six months.

"Because the balloon is temporary, the anatomy of the stomach is not permanently altered. Unlike other types of bariatric surgery, the Obera balloon doesn't require major surgery. And if the patient has trouble tolerating the balloon, it can be removed, which is not an option with gastric bypass surgery," explains Dr. Ditty.

Patients do not lose as much weight with the balloon procedure, but it is an excellent way to determine if they





Firelands Physician Group gastroenterologist Cameron Ditty, MD, has introduced three new procedures to help patients with obesity, liver, and hemorrhoid problems.

can tolerate bariatric surgery. If it is successful and they need to lose additional weight, they have the option of bypass surgery.

"Obesity is such a problem in our country and can be attributed to so many health issues. This is another tool in the toolbox to help alleviate the problems caused by obesity," says Dr. Ditty.

HET Offers Hemorrhoid Relief

Another new procedure offered by Dr. Ditty is Hemorrhoid Energy Therapy (HET). HET is an outpatient, non-surgical procedure that eliminates internal hemorrhoids with little or no pain.

The HET system is a single-use, disposable device that applies a combination of gentle hemorrhoid tissue compression and low thermal energy to shrink internal hemorrhoids significantly. Patients experience a reduction in hemorrhoid size soon after treatment, and there is steady improvement in the patient's symptoms over the next several days.

While not life-threatening, hemorrhoids can significantly impact an individual's quality of life. Seventy-five percent of all people have symptomatic hemorrhoids at some point in their lives, and 50% of people over the age of 50 suffer from chronic, progressively worsening hemorrhoid problems. "This has been a real life-changer for patients suffering from hemorrhoids. Traditional hemorrhoid surgery is invasive and painful. HET takes about 10 to 15 minutes and is done on an outpatient basis. The only drawback is that HET cannot be performed on large hemorrhoids. The key is to do the procedure before the blood vessels that supply the hemorrhoids become too large," says Dr. Ditty.

FibroScan and Fatty Liver Disease

FibroScan is a specialized ultrasound machine that measures scarring and fat buildup in the liver. Dr. Ditty and his partners, Dr. Lawrence McCormack and Dr. David Hykes, use it in place of liver biopsies to detect fatty liver disease. Like other ultrasound exams, FibroScan is painless, easy, and quick. And because it is non-invasive, it does not have the same risks as an invasive biopsy, such as pain, infection, bleeding, and other more serious complications.

Nonalcoholic Fatty Liver Disease (NFLD) has become the country's leading cause of fatty liver disease. About 100 million individuals in the United States are estimated to have NFLD. It is the most common form of liver disease in children and has more than doubled over the past 20 years. NFLD tends to develop in people who are overweight or obese or have diabetes, high cholesterol, or high triglycerides. Rapid weight loss and poor eating habits may lead to nonalcoholic fatty liver disease. However, some people develop the disease even if they do not have any risk factors.

Before the availability of FibroScan, people with suspected NFLD had to undergo a more invasive liver biopsy. A FibroScan doesn't require any special preparation, is entirely painless, doesn't involve sedation, and only takes a few minutes to complete. No recovery time or special instructions are required after the procedure.

"FibroScan allows us to identify people with liver problems earlier so that we can start interventions sooner. It is recommended that people with diabetes have a liver screen to check for liver disease. Many of these patients postpone the screening because they don't want to undergo a biopsy. A FibroScan is much easier for them," says Dr. Ditty. "Leaving fatty liver disease undiagnosed and untreated is risky. Severe fibrosis can lead to cirrhosis, a dangerous condition where the liver can no longer function correctly. Cirrhosis can be life-threatening. That's why it's so important to detect fatty liver disease as soon as possible. The FibroScan helps us do just that."



A Quiet

Many people have gone about their work quietly for years with little fanfare. Hence, we honor the dedicated team members who embody Firelands' environmental services, otherwise known as housekeeping, and dietary services. Without the vital services of these two departments, Firelands Health could not function.

It is a simple fact, we all have to eat. Food nourishes the body and the soul, impacting everyone's health and is integral in a patient's recovery. Director of Dietary Rick Brown states, "We cannot take care of our patients 100% without taking care of everyone around us. We are either taking care of patients directly or taking care of the people who take care of the patients."

Firelands serves about 1,300 meals daily. The retail cafeteria operates with just one "can-do" chef, Paul Lang, who prepares all the steam table food, and the remarkable dietary team takes care of the rest. Additionally, Brown notes, "The patients' meal schedules are staggered because the entire hospital can't eat at once. It's an exact science that our dietary team has mastered, from ordering provisions to food preparation to meal deliveries."

On admission, dietary orders (per their physician) are entered into a database personalized for each patient. Dietary hostesses carry a tablet to access the information and help guide patients with meal choices. Michelle Greene, an employee of 20 years and lead hostess, explains, "The program restricts us from entering items which don't meet a patient's diet." Dietary supervisor Alyssa Frederick explains, "Patients' meals are individualized for prescribed diets. Much of the food is made from scratch to control ingredients such as sodium. The hotline prepares the cooked food, and the tray line places

Force

silverware, condiments, and other foods on the tray. Runners deliver the trays to the floors. Hostesses then distribute the meals to each patient while ensuring their needs are fulfilled.

Requirements for hospitals' nutrition services and housekeeping is specialized and very different from commercial facilities, such as hotels and restaurants.

Jack Cook, manager of environmental services (EVS), explains, "Hospitals are heavily regulated, and staff must comply with stringent practices. In the patient rooms, bed frames, both sides of mattresses, equipment, and all touch surfaces are cleaned and thoroughly disinfected after every discharge. Even privacy curtains are changed when dealing with highly infectious diseases." EVS is one of the first lines of defense when it comes to infection control in hospitals. Darrel Hicks, author of "Infection Control for Dummies" and one of the top experts on infection control issues states. "One well-trained, conscientious housekeeper, given the right tools and enough time, will prevent more disease than a room full of doctors can cure."

Deanna Mathis, an EVS attendant, exclaims, "I don't think most people realize how much we do or how physically hard we work. Yet, I love to clean. You have to care, or it will be evident in your work." Jeanette Harvey, an EVS attendant with 32 years of service, states, "I agree. I love my work; that passion drives you to take pride in your work. We are on our feet

all day, working at a fast pace." Deanna and Jeanette agree people would be surprised to know the detail involved in their work and how much EVS staff genuinely care. Both ladies share, "We clean a room with the intent as if our family was staying in the room." The EVS vision statement is "to be the cleanest hospital on the planet." This mantra is reflective, literally, in the gleaming floors and pristine surroundings throughout the hospital system.

Hostesses and EVS attendants are in and out of patient rooms daily, in potentially susceptible environments. Still, they find it fulfilling when they brighten a patient's or visitor's day. These accessible staff often serve as sounding boards or offer welcomed conversation for patients. It is no surprise that 80 EVS and dietary team members have received Guardian Angel awards from patients for exceptional service and care during their hospital stay. Through frequent interaction with patients and families, the dietary and EVS staff act as an extra set of eyes and ears, alerting clinical staff to looming circumstances.

The EVS and dietary members find worth, pride, and purpose in their work.

"Staff know they can make a positive difference in people's lives. Even if you are just a little part of that, you go home feeling good at the end of the day," Brown stated.

The value of these essential teams reaches far beyond foodservice and cleaning. It is overdue and fitting that they are recognized and revered for their contributions, positively impacting our health.





Jeffrey L. Buehrer, MD



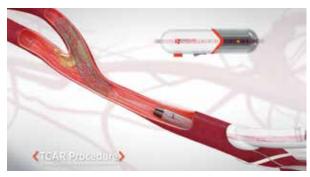
Matthew T. Langenberg, MD

Firelands Physician Group Vascular Surgeons Offer

New Options for Treating Vascular Disease

Firelands Physician Group vascular surgeons Jeffrey L. Buehrer, MD and Matthew T. Langenberg, MD have recently introduced several new procedures to treat vascular disease at Firelands Regional Medical Center. An aging population, an increase in obesity, and chronic conditions such as Type II diabetes have all increased the incidence of such vascular conditions as hypertension, stroke, aneurysms, and peripheral artery disease.

TCAR



For patients suffering from severe carotid artery disease, surgeons typically have performed stenting or an endarterectomy, but each has its risks. Carotid stenting from the femoral artery (the main blood vessel supplying

blood to the lower body beginning in the upper thigh, near the groin, and running down to the back of the knee) comes with a higher risk of stroke, making it less commonly used. With endarterectomy, an open surgery requiring more recovery time, nerve injury risk is a more significant concern.

Drs. Buehrer and Langenberg now have a third option to offer patients, Transcarotid Artery Revascularization (TCAR). TCAR is a clinically proven, minimally invasive procedure to treat carotid artery disease and help prevent future strokes. TCAR uses a device from Silk Road Medical to briefly reverse the direction of blood flow. With blood (and any clots) flowing away from the brain while the physician operates, the patient's risk of stroke during the procedure is lower.

Both Drs. Buehrer and Langenberg are certified in the procedure. "Being able to offer carotid endarterectomy, stenting or TCAR allows us to individualize the procedure choice based on the patient and their anatomy," says Dr. Langenberg.

TCAR is a hybrid of what's already available to treat a narrowed carotid artery. It is minimally invasive, but it combines open surgery and endovascular techniques. The surgeon makes a small carotid exposure in the low neck. After reversing the blood flow away from the



brain, the surgeon directly stents from that position, avoiding the risks that come from traveling up from the femoral artery, the aorta, and up to the carotid artery. When the stent is placed via TCAR, allowing the carotid artery to function normally, the blood flow reverses back to its regular direction toward the brain.

While any carotid artery repair carries some risk of stroke and heart attack caused by the repair itself, TCAR has the same low stroke rate as the traditional surgical option but with a less invasive approach.

The procedure also reduces the risk of heart attack, nerve injury, and shortens the patient's recovery time in the hospital.

Dr. Langenberg shares, "TCAR studies are showing a lower stroke rate than transfemoral stenting and open endarterectomy. The less invasive option of TCAR, coupled with its lower stroke rate, provides a better option for elderly or higher-risk patients or those who don't want to undergo an open surgery like a carotid endarterectomy. Anyone with symptomatic carotid disease or asymptomatic with more than 70 percent blockage would qualify. It's a safer carotid stent procedure than anything previously offered."

CERAB







Figure A During the first step of the CERAB procedure a 12mm balloon expandable stent is positioned and deployed 15-20mm above the aortic bifurcation. Figure B During second step of the CERAB procedure the proximal part of the aortic covered stent is overdilated to adapt to the aortic wall. Figure C The CERAB configuration is completed by simultaneous inflation of two iliac covered stents in the conic segment, thereby moulding the first one around the latter two iliac.

Aortoiliac occlusive disease is a type of condition in the legs that occurs when the iliac artery that brings blood to the legs becomes narrow or blocked by plaque. The aorta is the body's main blood vessel. It comes out from the heart, down through the chest, and into the belly. It then branches off into the iliac arteries, which bring blood down into the legs.

Atherosclerosis – or hardening of the arteries – is a leading cause of aortoiliac occlusive disease. According to Dr. Langenberg, "As we age, our arteries tend to thicken,

get stiffer, and narrow. This is called arteriosclerosis. A form of arteriosclerosis is atherosclerosis, which is the build-up of plaque and cholesterol in large and medium-sized arteries. A narrowing of the arteries from the build-up of plaque can lead to coronary heart disease and can cause a heart attack when this occurs in the blood vessels leading to the heart. The same situation in the arteries leading to the brain can cause strokes."

To bypass the blockage, Drs. Buehrer and Langenberg can perform Covered Endovascular Reconstruction of Aortic Bifurcation (CERAB), a new minimally invasive technique for treating extensive and/or recurrent aortoiliac occlusive disease. Using stent-grafts (stents with a material covering) placed remotely through the groin or arm arteries, the surgeons can treat extensive, symptomatic aortoiliac disease without major surgery. Because it is less invasive, has fewer complications, and requires a shorter recovery time, vascular surgeons increasingly turn to CERAB as an alternative to major arterial surgery.

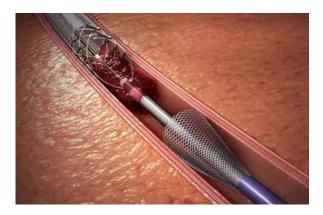
"Leg pain caused by blockages can significantly impact your quality of life, even your ability to work. The procedure can also treat non-healing leg ulcers or a leg that is threatened due to a lack of blood supply," says Dr. Langenberg. CERAB is particularly suitable for older patients or those with other significant illnesses that would have prevented their aortoiliac disease from being treated before the development of CERAB.

"This is the single best procedure I've done in my 20-year career," says Dr. Langenberg. "It's like landing on the moon in vascular surgery."

Matthew T. Langenberg, MD

I've never
had so
many
grateful
patients.

New Treatment for DVT



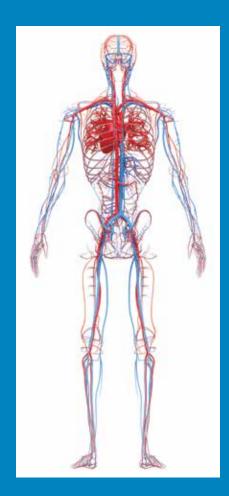
A new device called the ClotTriever Thrombectomy System allows vascular surgeons to treat DVT (deep vein thrombosis) without medications. Deep vein thrombosis occurs in the veins of the legs, thigh, and pelvis in people with risk factors such as diabetes, high blood pressure, obesity, peripheral artery disease, and heart disease. It can also lead to the lifethreatening condition of pulmonary embolism.

The incidence of venous thromboembolism (a disorder that includes deep vein thrombosis and pulmonary embolism) in the United States is approximately 600,000 cases annually. About 30% of patients undergoing major surgery develop deep vein thrombosis, and, in some cases, it may go undetected. Covid-19 is a risk factor for blood clot formation as well.

Until a few years ago, DVT could only be treated with medications that increased the risk of bleeding or required multiple procedures that resulted in a stay in the ICU.

"Patients would come to us with swollen, painful legs that we could only treat with medications and did not always produce optimum results. But with the ClotTriever Thrombectomy System, we can now extract large clots from big blood vessels," says Dr. Langenberg. The ClotTriever, which the FDA approved in 2018, is a mechanical device that removes significant firm-to-hard clots from large veins in the legs and arms in a single procedure, without blood clot-dissolving drugs (thrombolytics) or an ICU stay. The surgeon inserts the ClotTriever's needle and sheath behind the patient's knee and removes the clot. Patients experience immediate relief from their symptoms and minimal blood loss.

"I've never had so many grateful patients. One man said to me while I was performing the procedure that he didn't know what I'd done but his leg felt better already," says Dr. Langenberg. "These procedures aren't offered in very many hospitals, but we perform them at Firelands. You don't have to travel to a large health system for the latest procedures and technology. You can get them right here in Sandusky."



Understanding the Body's Vascular System

Most Americans are familiar with heart disease and the consequences of blockages in the vessels that carry blood to and from the heart. But few people realize that blockages caused by a build-up of plaque and cholesterol affect more than coronary arteries. Arteries throughout the body carry oxygenrich blood away from the heart, so blockages can occur in all arteries with serious effects.

The body's vascular system is made up of vessels that carry your blood throughout your body. Arteries carry oxygen-rich blood away from your heart. Veins carry oxygen-poor blood back to your heart. Your blood leaves the left side of the heart and is pumped out to the rest of your body.

The main artery from your heart is called the aorta. As your blood travels throughout your body, it enters smaller and smaller blood vessels, reaching every cell, dropping off nutrients, and picking up waste products and carbon dioxide. Your blood then starts the trip back in your veins, entering larger and larger ones as it goes, passing through your kidneys and liver on the way to drop off waste products. The blood eventually arrives back at the right side of your heart to start the trip all over again.



Grieving Families Create a Legacy of Love

For many families, a child's first birthday is an exciting time. It celebrates life, growth, independence, and hope for the future, but it means so much more for two extraordinary families. It is a time of reflection, sadness, and gratitude for the exceptional care received at Firelands Health during their darkest hours. It is the reason these donors share their unique and inspirational stories tied to their giving, and we are honored to share them.

Elijah's Blessing

In April 2020, Whitney and Joe Pohorence were expecting their last child when a blood test showed that the baby Whitney was carrying would most likely not make it to term (40 weeks) due to chromosomal abnormalities. An ultrasound confirmed their fears, and their unborn baby boy was diagnosed with Trisomy 13, also known as "incompatible with life." Whitney and Joe felt defeated and wondered what they should do next. On the drive home from that appointment, Whitney looked up into the sky and said, "Lord, I need your strength. I can't do this on my own." She said she instantly felt

a sense of peace that surpassed her understanding. They decided to enjoy every second they had with their sweet son, Elijah Simon, from that day forward. Through numerous appointments, ultrasounds, and the unwavering support of her obstetrician, Kathleen Rinkes, DO, Whitney carried Elijah into natural labor at 38 weeks, five days. Elijah was born on October 1, 2020, alive and thriving, but his health concerns were more than his tiny body could handle, and he only survived four days.

After their loss, the Pohorence family wanted to do something special to

remember Elijah. On what would have been Elijah's first birthday, they graciously donated several totes full of blankets, fuzzy sleepers, and clothing to the Firelands Center for Women & Newborns. Whitney stated, "What better way to remember Elijah than to bless other moms and babies at the very location where he was brought into the world." Elijah's love and memory will live on and grace other families through their generous donations.



Whitney Pohorence -

"What better way to remember Elijah than to bless other moms and babies at the very location where he was brought into the world."



Corra Leslie Brady CuddleCot™

Gretchen and Ben Brady were excited to add to their family of four. Gretchen was experiencing a normal pregnancy with no indication of any complications. On January 16, 2020, well into Gretchen's third trimester, she spent the day running errands. Later that afternoon, Gretchen realized she hadn't felt the baby move in quite a while. She contacted her doctor's office and was directed to go to the hospital. After observation and a battery of tests, Gretchen was induced into labor by Mona Nataprawira, DO, and delivered Corra Leslie on January 17, 2020, at 3:17 am. Unfortunately, baby Corra was stillborn.

Devastated, Gretchen and Ben praise the doctors, nurses, and staff at Firelands for the compassion and support they provided them during this unthinkable situation. Gretchen applauds Dr. Mona and nurse Kristen Mossing for the exceptional care she received. "The staff was fantastic," Gretchen said. "They made a traumatic experience so much better by giving our family compassion and respect during the worst day of our life." Recognizing an opportunity to channel their heartbreak into hope for others, Gretchen and Ben made a generous donation in memory of their daughter. Through a GoFundMe page, the Brady's raised more than \$8,000 to purchase a CuddleCot™ for Firelands Regional Medical Center. A CuddleCot™ is a cooling mattress that helps preserve a stillborn baby. They wanted to give other families who suffered a tragic loss time to make memories as they said goodbye to their baby. Until recently, parents of a stillborn baby had little time to spend with their baby before saying goodbye. A CuddleCot™ prevents the family from having to release the baby before they are ready.



Gretchen and Ben Brady recently delivered a beautiful baby girl, Audrey, on Valentine's Day

Gift of Giving

Although very different journeys, both families felt compelled to "give back" to the ones who cared for them at Firelands. Both families chose to honor their children on what would have been their child's first birthday. They spoke of the overwhelming compassion they received from the staff at Firelands. Whitney Pohorence notes that they were greeted with love and open arms during her entire pregnancy. She commends Dr. Rinkes as the most dedicated doctor and states that she is "a doctor"

who loves her patients and is there for them every step of their journey."

We are grateful for these donations and the open and willing families who shared their experiences. The charitable contributions made to Firelands
Center for Women & Newborns and the Emergency Services Department honor the children these families lost.
Other families going through similar circumstances will benefit from their generosity. In fact, Gretchen and Ben

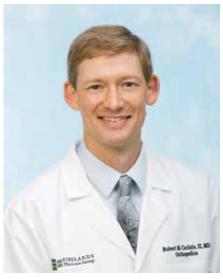
Brady recently delivered a beautiful baby girl, Audrey, on Valentine's Day, 2022. Before leaving the hospital, Firelands Center for Women & Newborns gifted the family an adorable baby outfit from the Pohorence family donation. The card attached told the story of Elijah's Blessing. If you would like to donate to The Foundation for Firelands, visit foundationforfirelands.com/foundation.

Meet the Specialists of Firelands

Physician Group Sandusky Orthopedics

The healthcare specialists at the Firelands Physician Group (FPG) Sandusky Orthopedics have a wide range of knowledge and expertise to treat numerous bone, joint, and hand conditions; bone and musculoskeletal tumors (benign or malignant), metastatic lesions, and other orthopedic issues.

In addition to responding to orthopedic injuries in the Firelands Emergency Services Department and performing fracture care, the four orthopedic surgeons of FPG Sandusky Orthopedics each excel in their orthopedic specialty.



Robert M. Carlisle, MD
Dr. Carlisle is fellowship-trained in total joints and performs knee and hip replacements.



Justin Kelley, DO

Dr. Kelley is fellowship-trained in complex fracture care due to trauma. He also performs general orthopedic care.



Colleen R. Kelvey, MD
Dr. Kelvey is fellowship-trained in hand and upper extremity (of the arm) surgery.

Firelands Physician Group Introduces Firelands Ortho Express



Firelands Physician Group (FPG) is now providing care at Ortho Express for injuries such as sprains and fractures that do not require the advanced care provided at the Firelands Emergency Services Department.

Located at FPG Sandusky Orthopedics, 1401 Bone Creek Drive, Sandusky, Ortho Express offers immediate care for orthopedic injuries that have occurred within the past 7 to 10 days, including:

- · Fractures
- · Falls
- · Broken bones
- · Arm or leg injuries
- · Strains and sprains
- · Twisted ankles
- · Hand injuries

Ortho Express cannot treat open wounds and animal bites; head, back, neck, and spinal trauma; hip fractures or broken ribs. Ortho Express is available Monday - Thursday, 8:00 am - 4:30 pm, and Friday, 8:00 - 11:30 am.





Organ Donation: Giving the Gift of Life

Over 100,000 people in the U.S. are on the waiting list for an organ transplant. Unfortunately, many die before a donor organ can be found. It is estimated that every day in the United States, 20 patients die because of the lack of donor organs.

For many, the first encounter with the concept of donating organs is when asked if they want to be a donor when getting their driver's license. Unless they have experienced organ donation with a loved one, most people have no idea what the process entails.

State and federal regulations require that all hospitals establish policies to identify patients who suffer cardiac death, irreversible brain injury, brain death, or when brain death is imminent. "When we identify a patient who meets the criteria, we notify Lifebanc in Cleveland," explains Susan Behrens, Director of Critical and Progressive Care. "If the patient continues to show no signs of recovery, Lifebanc sends a liaison to discuss organ donation with the family. Firelands nurses do not approach the family about organ donation."

If the family chooses organ donation, the patient undergoes testing to determine if they qualify as a donor, and if so, the organs to be harvested are identified. A Lifebanc surgeon comes to Firelands to remove the organs, which are prepared and sent to matched recipients throughout the country.

"Several organs can be harvested, including the heart, lungs, pancreas, liver, kidneys, and skin, as well as the corneas. By donating the organs, families give the gift of life to several other people. It's a way to create something positive out of a tragic situation," says Susan.

As the patient is wheeled down the hall to the operating room where the Lifebanc surgeon harvests the organs, members of the ICU staff stand and line the halls for a moment of silence. Called the Walk of Honor, the staff is provided the opportunity to pay their respects to the patient and family. "It can be extremely emotional but rewarding," says ICU nurse Sami Lehman, RN. "I talked to a man who participated in the Walk of Honor for his mother who was donating her organs. He told me it was like he was walking her to heaven and into God's arms. It was very comforting for him and his family."

Once the patient is in the operating room, the family is asked if they would like to stay while a Lifebanc representative reads a poem or prayer. The family then leaves, and the procedure begins. Lifebanc coordinates arrangements with funeral homes to transfer the donor's body.

Lifebanc provides bereavement support services to the family at no cost. The organization also informs the outcomes of each donor's gift to preserve privacy for both donors and recipients, coordinates all correspondence between donor families and recipients, and provides contact information to the families if desired.

The number of lives organ donation can save is remarkable. A recent donor in the Firelands ICU helped extend the lives of four people:

- A 64-year-old man received the heart.
- A 50-year-old man received the left kidney and pancreas.
- A 36-year-old woman received both lungs and the liver.
- A 52-year-old woman received the right kidney.

"All of these people were experiencing end-stage organ failure. Just knowing their loved one was able to give the gift of life to others was very comforting to the family," says Sami. "It takes just a little bit of the pain away."

"It can be very tough to be an ICU nurse, and dealing with death is one of the hardest parts of our jobs. The longer patients stay in ICU, the more we get to know them and their families personally. It takes an emotional toll on us when a patient doesn't recover. It's intense and, at times, can tear at our hearts. We shed a lot of tears but get through it together. At the end of the day, I couldn't be prouder of the men and women who dedicate their lives to working in the Firelands ICU," says Susan.

Firelands Counseling and Recovery Services

Receives Federal Grant

The coronavirus pandemic in the U.S. has caused major changes in the daily lives of Americans which have impacted people's mental health and created new barriers for those seeking treatment. Stress and worry about contracting the virus, coupled with job losses, loss of childcare, as well as the devastating deaths of loved ones due to COVID-19 are just a few ways in which the pandemic has affected people's mental health.

To help meet the increasing need for mental health services and improve accessibility to care, the Substance Abuse and Mental Health Services Administration (SAMHSA) recently provided federal grants funded by the Consolidated Appropriations Act of 2021 and the Coronavirus Response and Relief Supplement Act of 2021, to community mental health centers. Firelands Counseling and Recovery Services received a \$1,265,494 grant over a two-year period that began in September 2021.

According to Tracey Campbell, Operations Director of Firelands Counseling and Recovery Services, The grant has allowed us to introduce initiatives that are not funded by other sources in the seven counties we serve. Grant funds will enable us to implement more streamlined access to care and to proactively address barriers to treatment, such as lack of transportation. We will have designated staff members who can help patients find transportation to appointments if needed and address any other obstacles they may have to receiving treatment. Additionally, we will be offering case management services to inmates to help them begin treatment during incarceration and continue when they are released.

Another new service made possible by the grant is the appointment of a Crisis Service Coordinator who oversees emergency care services. "The coordinator manages the calls coming into our mental health hotline and ensures that these patients receive the services they need, whether it be inpatient or outpatient," says Tracey.

Firelands Counseling and Recovery Services is funded by fees charged for therapy, medication services and other programs. The fees are paid by private insurance companies as well as public insurances such as Medicaid, Medicare and contracts with four Mental Health and Addiction Services Boards: the Alcohol, Drug Addiction and Mental Health Services Board of Erie County; Mental Health and Recovery Services Board of Seneca, Ottawa, Sandusky and Wyandot Counties; the Huron County Board of Mental Health & Addiction Services; and the Mental Health, Addiction and Recovery Services Board of Lorain County. The funds Firelands receives from the boards assist residents of these communities pay for services, based on a sliding fee scale.

Grants such as the one from SAMHSA provide the financial resources for the staffing and operational infrastructure for the development of additional programs. The new services do not end once the grant money is spent but become financially sustainable by developing expanded treatment services and/or result in cost-savings that allow the program to pay for itself.

"We are grateful for the opportunities these grants give us to provide additional services to residents and will pursue other grants when they become available," says Tracey.



Firelands Regional
Medical Center's
Counseling & Recovery
Services provides a full
spectrum of outpatient
mental health and
substance abuse
treatment to children
and adults in Erie,
Huron, Lorain, Ottawa,
Seneca, Sandusky and
Wyandot counties.
Services provided include:

- Assessment
- Individual, group, and family counseling
- Day treatment (intensive group for adults coping with chronic mental illnesses)
- Intensive Outpatient Program
- Substance Abuse Partial Hospitalization Program
- Case management
- Medication services for mental health problems
- Medication Assisted Treatment (MAT) for addiction problems
- Critical incident debriefing services to assist community agencies, organizations and other service providers in coping with a traumatic event
- Consultation services to area organizations
- Vocational rehabilitation services (to help persons with mental health and/or addiction problems obtain employment)



Lee C. Jewett Sports Medicine Center

Helps Area Athletes Shine

With the opening of the Lee C. Jewett Sports Medicine Center in January 2020, Firelands Health has become the region's leader in sports medicine for high school and adult athletes. The center's highly trained healthcare professionals utilize state-of-the-art equipment to provide training programs and treatment therapies to meet the comprehensive needs of athletes.

Athletic Training Services for Area Schools

Athletic trainers play an integral role in the lives of high school student-athletes. They evaluate injuries, monitor injury rehabilitation, and consult with physicians and coaches to ensure that students follow safety protocols. They work with the school athletic department to educate students and teachers on health issues, such as safe weight loss and weight gain.

The Lee C. Jewett Sports Medicine Center contracts with area high schools to provide comprehensive athletic training services to student-athletes. The center's athletic trainers work closely with school administrators to advise and execute plans regarding emergency and preventative care, environmental conditions, facility and equipment safety, and other sports-related matters.

"We're trained in anatomy and physiology, orthopedic assessment and rehabilitation, and biomechanics," says Bill Gosser, Lead Athletic Trainer. "It's our responsibility to provide communication between athletes, coaches, and physicians to determine and maintain safe performance for the students during practices and games."

Bill, a licensed athletic trainer, licensed physical therapy assistant, and certified athletic trainer, works with student-athletes at Sandusky High School. He also works with the Sandusky Bay Ice Haulers, a baseball team in the Great Lakes Summer Collegiate League based

at Sports Force. In addition to his other certifications, Bill is an ImPACT-Trained Athletic Trainer to administer and evaluate computerized neurocognitive testing for concussions (ImPACT is the leading manufacturer of computerized concussion-based testing).

Jordan Bowers, ATC, PTS, is the athletic trainer at Perkins High School, and Rob Kunisch, MS, ATC, is responsible for Edison High School students. Strength and Conditioning Specialist Troy DeLamatre, MS, CSCS, USA-W supervises the strength and conditioning program at Edison High School.

As part of their services to schools, the athletic trainers offer:

- On-site coverage for practices and games.
- On-call service for days/sports not scheduled for coverage.
- Assistance with designing and implementing an Emergency Action Plan for all sports and venues at the school.
- Body composition analysis and hydration status for wrestlers.
- Ohio Department of Education Coaches first-aid seminars.
- CPR training for coaches.
- The organization and administration of PPE sports physicals.
- Coverage of league championship events.
- Coverage of Ohio High School Athletic Association post-season tournaments.
- Assistance with the inventorying, bidding, and purchasing of athletic training supplies.
- Participation in the parents' information meeting offered at the beginning of each sports season.

Firelands Regional Medical Center's certified athletic trainers also support the area's most comprehensive Sports Injury Concussion Clinic. This treatment program includes

consultation with a neuropsychologist and integration of physical therapy and athletic training for the following:

- Pre-season education and computer baseline testing;
- Initial assessment of head injuries;
- Athletic & academic recommendations with a supervised exercise progression program; and
- Clearance for safe returnto-play sports participation.

The Sports Injury Concussion Clinic is the only team-based program in the region to provide post-concussion treatment.

If an athlete is injured and needs care from a physician, they can be referred to Matthew Widmer, DO, a member of Firelands Physician Group. Dr. Widmer is board certified in Family Medicine and Sports Medicine.

"We are passionate about sports injury evaluation and rehabilitation. We keep track of the changes and evolution in the evaluation and treatment of sports injuries. Our goal is to provide the area's most comprehensive clinic for the treatment and management of sports injuries in athletes and to provide the safest environment for our student-athletes," says Bill.

Firelands Athletic Performance

Firelands Athletic Performance offers the area's premier sport and performance training service to individuals who want to improve their sports performance. The science-based program uses cutting-edge technology to optimize health and performance for athletes, first-responders, and other clients by using evidence-based movement scans and data-driven exercise programs to increase resilience, minimize injury risk and speed rehabilitation to physical activity.



only team-based

program in the region to provide post-concussion treatment

science-based

program uses cuttingedge technology to

optimize health and performance

"We have a team of experts, including strength and conditioning specialists, certified athletic trainers, and physical therapists," says Troy DeLamatre, MS, CSCS, USA-W, Strength and Conditioning Specialist. "Our advanced training facility and equipment help clients reach their athletic goals and obtain optimal results. We have the best training equipment by Power Lift, Rogue, and Titan Fitness."

Most of Troy's clients are high school and recreational athletes who play various sports, but he did have the opportunity to train a receiver on the Seattle Seahawks football team, Cody Thompson of Huron. Troy and Cody grew up in the same neighborhood, attended Huron High School, played football for the Tigers, and are both graduates of the University of Toledo. The two friends pursued careers in sports, but in different areas. Cody's talent earned him a football scholarship at the University of Toledo, and he is now on the active roster of the Seattle Seahawks. Troy played football at the University of Heidelberg and transferred to the University of Toledo, where he received his bachelor's and master's degree in Exercise Science.

During the off-season, Cody would train at facilities outside of his home base of Huron, often traveling to Cleveland, Florida, or other states to find a training center capable of offering a program an NFL player would need to prepare for the upcoming season. That changed with the opening of the Lee C. Jewett Sports Medicine Center and the guidance of his long-time friend Troy, who had joined the center as the strength and conditioning specialist.

"Cody trained at the center on and off for about two years," says Troy. "It was a great opportunity to train someone in the NFL, and even better that he is such a good friend. Our big focus was to get Cody's body in tip-top shape before joining his teammates in the OTAs (off-season team training for the NFL). We did a lot of specific agility drills to maintain his strength and focused on recovery by using the cold and hot plunge pools at the center. I'm glad we provided him the training he needed to help him make the Seahawks active roster. I'm very happy for him."

Fit for Golf

Golf is a popular sport in the area for adults and students alike. Locally there are several excellent golf courses and driving ranges. Still, if enthusiasts of the sport wanted to improve their fitness and performance, they had to travel outside of the area.

The Lee C. Jewett Sports Medicine Center has filled that void with the introduction of the Fit for Golf program. "When we moved into the new facility, we wanted to offer programs to the public that are not available locally. Golf fitness and performance is viral. My physical therapy background, in addition to my love of the game, made it a natural fit," says Matt Hamlin, PT, ATC, STMT-1, TPI Certified, Supervisor of Outpatient Physical Therapy, and coordinator of the program. "Anyone can participate in the Fit for Golf program. I've had clients as young as 15 and as old as 84. You are never too young or old to get in shape for golf."

Fit for Golf is a six-week, three times per week training program designed to improve mobility and flexibility; increase core and rotational strength; perform overspeed training to increase clubhead speed, and work on swing-related drills to improve contact. It is an individualized, focused exercise program based on

a personalized screening to enhance the participant's golf swing.

The program includes:

- Titleist Performance Institute Level 1 physical assessment performed by a TPI Certified Therapist to identify physical limitations specific to the golf swing and provide golfer's "physical handicap."
- Video analysis of golf swing analyzed by local golf coaches to identify areas of potential improvement in the client's swing.
- Overspeed training with SuperSpeed Golf training aid. Maximize clubhead speed with just 10 minutes of training, three times per week.
- Launch Monitor with indoor net data on carry distance, clubhead speed, spin rate and more.
 Clients can reserve time to hit balls and review their data during training.

Area resident Amy Robinson is a regular at Plum Brook Country Club's golf course in the summer and hits the links with her husband when they travel to Florida in the winter. A friend of hers who had participated in the program recommended that Amy try it as well. "I was looking for ways to improve my game and my friend said she thought Fit for Golf would help," says Amy. "I wanted to work on my swing speed, my flexibility and ability to twist and turn. Matt helps you use your physiology to improve all aspects of your game. He's very knowledgeable and helpful. My husband can't believe how fast my swing speed is now. It's all due to this program."

Billy Criscione, a local businessman who operates Ghostly Manor Thrill Center in Sandusky, received several Fit for Golf sessions as a Christmas

exercise programs

to increase resilience,
minimize injury risk

and **speed rehabilitation** to physical activity

present from his wife. "I liked that the program got me into the gym for a workout twice a week. I had never done a workout specifically for golf."

At 39 years old, Billy has been golfing for 35 years. As a boy, he played golf every day at Plum Brook and played on his high school golf team. "Usually, as you age, your drives become shorter. This past summer, after I did the Fit for Golf program, I was hitting 20 - 30 yards longer than I had before. It was amazing."

Billy is very complimentary of Matt, crediting him with his success in the program. "Matt is a great guy. He's very passionate about the program and loves to see people succeed. He's very knowledgeable about the game and knows how to help you improve."

Fit for Golf has also helped high school athletes improve their golf games. Meredith Unger, a sophomore at Edison High School and member of the school's girls golf team enrolled in the program last May with another teammate. "We wanted to prepare for the upcoming golf season. I was also having some lower back pain when I swung the club and thought maybe Fit for Golf could help me with that, which it did."

The length of Meredith's drives improved as did the speed of her swing. "Matt had us do drills with weighted sticks, which helped me rotate faster. He really knew what he was doing and helped me quite a bit," says Meredith. The Edison girls golf team made it to Districts last year and hope to qualify for State next season.

I liked that the program got me into the gym for a workout twice a week. I had never done a workout specifically for golf.









A Change of Season

Retirement is a change of season. This year, six physicians retired from Firelands Regional Medical Center's active medical staff. It is our pleasure to honor the physicians who have devoted their lives to the health of our community.

A few words from two of our retirees:





Dr. James Preston

After 40 years of service to Firelands, having started at Sandusky Memorial Hospital in 1981, Dr. Preston is thrilled to have provided "care for generations of a family." Dr. Preston is certified in both Family Practice and Hospice and Palliative Medicine and served as medical director of Stein Hospice. Dr. Preston reflected on his time and said, "I have been one of the few physicians privileged to care for patients through all phases of their life."

Dr. Preston also served as Director of Medical Education at Firelands Health for 17 years. Thanks to Dr. Preston and a team of physicians who serve as preceptors to our students, Firelands Regional Medical Center has provided outstanding medical education in a university-affiliated, community-based setting for nearly 50 years, graduating over 285 residents. Our physician faculty members work together to offer high-quality clinical medical education to our trainees. Our medical education programs are well-known for providing a collegial atmosphere where we strive to maintain a healthy balance between a robust training experience and a balanced lifestyle. "I developed the third osteopathic

hospice and palliative medicine fellowship in the country," Dr. Preston explained, "and served as program director for close to ten years. My most cherished recognition was a standing ovation by my medical and professional peers at a dinner ceremony."

During his well-deserved retirement, Dr. Preston plans to spend lots of time with his wife, three adult children, and eight grandchildren. He will be celebrating his 50th wedding anniversary as of June 2022.

Best Wishes to Our Retirees

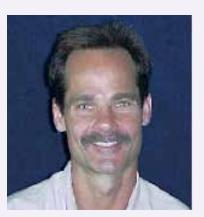
Thank you to all retiring physicians for their continued support and dedication to our patients throughout the years.



James Berry, MD
Orthopedic Surgeon



James P. Gallagher, MD
Internal Medicine



Jonathan Leake, MDDepartment of OB/GYN
Surgery and Pediatrics





Dr. James Berry

Dr. Berry is retiring from Firelands Physician Group Sandusky Orthopedics after 39 years at the practice as an orthopedic surgeon. He attended medical school at The Ohio State University and completed a residency at Mount Carmel Children's Hospital of Columbus. When describing his passion for his profession, Dr. Berry mentioned the value of being able to witness the physical transformation he sees his patients go through. "I really enjoy seeing the immediate results for my patients. Seeing my patients go back to a normal state of living is what I love about my job, especially after performing surgery and repairing

a fracture or placing an implant."

Dr. Berry says that Sandusky
Orthopedics is in good hands,
especially with the addition of two new
partners over the past year, Dr. Justin
Kelley and Dr. Robert Carlisle. "I have
no qualms about turning my patients
over to the team," Dr. Berry mentioned.
Recently, Firelands purchased a
brand-new surgical robot called
ROSA, which assists an orthopedic
surgeon in performing hip and knee
joint procedures. "There are so many
new approaches and technologies
becoming available in orthopedics,"
Dr. Berry went on to say, "and I am

glad to see Firelands embrace these advancements to benefit our patients."

"As I approach retirement with mixed feelings," Dr. Berry said, "I look forward to having the time to do new things. Travel, hobbies. But I'm going to miss it." Reflecting on his experience at Firelands, Dr. Berry explained, "There's a concerted effort for the whole health system to work as a team. We're all on board to make it the best it can be for everybody: a positive experience with good outcomes. Everybody at Firelands seems to be on board with that."



Michael Lyster, DO
Department of Medicine, Cardiology



Young Hong, MD
Department of Radiology/Imaging



James Preston, DO Family Medicine and Palliative Medicine



Tribute to Dr. Martin Beerman

Firelands Regional Medical Center and the community at large lost a much-beloved husband, father, son, brother, friend, colleague, and physician with the tragic and unexpected death of Martin Beerman, MD, on August 20, 2021, in a plane accident. The 68-year-old, well-respected gastroenterologist had been a member of the Firelands family for over 40 years.

A man of many talents and interests, Dr. Beerman was an avid fitness buff who enjoyed running, boating, water skiing, snowboarding, windsurfing, kiteboarding, swimming, and cycling. He was a gourmet cook who loved to travel, explore new restaurants and fly his plane.

His death prompted an outpouring of love and support for his family from friends, colleagues, and patients. Cameron Ditty, MD, a fellow gastroenterologist and Dr. Beerman's partner, posted this tribute on Facebook:

"To say things like I'm shocked, saddened, heartbroken doesn't adequately convey in words what I am sure so many of you are feeling. To say that Dr. Beerman was a great man, father, spouse, physician, friend, colleague, partner, etc., doesn't do justice to the person he was. When he took the lead on recruiting me to our group, we had many long phone conversations together. I found a friend, a mentor, and a partner. Introducing myself as 'Dr. Beerman's partner' was an honor unto itself. Something I said with pride.

His charisma and compassion for the field of medicine made him instantly relatable to me. Forever will I value those conversations we had around the office, kicking ideas off each another. Forever will I value the stories and adventurous tales he would tell me. I have never met someone who lived life so fully, so courageously, as he.

To think that never again, after a long day can I call him up and vent or get his advice leaves me grief-stricken and sick. To think that never again can I call him up for a random weekday fly fishing trip or life advice, or share some funny 'endoscopy of the day' story leaves me speechless."

Dr. David Hykes, another partner of Dr. Beerman's, shared the following sentiments about his friend and colleague:

"Where do I begin? Martin Beerman was a remarkable individual and extremely talented in any endeavor. He was great at everything, even initially, for example, making seasoned, veteran-type fly fishing casts on the first day I showed him. He was a professional-level water skier who was amazing to watch. And who do you know who taught themselves how to unicycle just because they wanted to learn?

Marty was a highly intelligent, intellectual, and knowledgeable individual who was easy to talk to. He was kind and generous and would provide assistance with anything. (He even flew me to pick up my puppy!) Upon meeting Marty, you were drawn to him. I felt an instant connection with him, and he was one of the main reasons I joined the Firelands hospital system. He made working fun, and we worked well together.

Marty was not just a colleague but a dear friend. I spoke to him frequently; he always made you feel important, was genuinely interested in hearing about you, and valued your opinion. To say I treasured our friendship is an understatement.





He embraced my entire family and treated them as if they were his own. It was a great honor to know Marty not only professionally but personally. He touched so many lives, and this heartbreaking loss is felt on so many levels by so many people. His patients lost an excellent, caring physician, who I am reminded of daily when I see them. "

Dr. Beerman joined Dr. Lawrence McCormick's gastroenterology practice in 1983. A few years later, the two decided to split the practice but came back together under Firelands Physician Group three years ago.

"He had amazing capabilities as a physician. He had a lot of interests, but his first love was flying. His loss has truly affected our office. A big part is missing, and we all feel it."

Nicole Kurtz, Dr. Beerman's front desk scheduler, worked with Dr. Beerman for 22 years. "I'm 44 years old now, so I worked with him for half my life. I'm mourning the loss of my work 'dad.' We were family. He hired me out of college and gave me the opportunity to make a good life for my family. We didn't have the usual employee-employer relationship," says Nicole. "His family was very important to him. Every morning he called his mother, who lives in Florida. When he ended the call, he always said he loved her. I really miss hearing that."

Tricia Patten, Dr. Beerman's medical assistant for 16 years, echoed Nicole's sentiments. "We weren't just co-workers; he was a part of my family. He was there for every milestone, including birthdays, graduations, and weddings. I talked to him every day, and now there is an empty space inside me."

Both Nicole and Tricia noted the strong relationships he created with his patients. "He got to know them personally. Even if Dr. Beerman hadn't seen them in several years, he would remember their name. He would hug them and tell them to call his cell phone if they needed anything," says Nicole. Added Tricia, "He truly cared about his patients' health and treated them as if they were his only one. He was unique in the way he took people under his wing. He was a good educator, and his patients learned a lot from him. He was just an awesome person who so many people looked up to. If his family or friends had a problem, he took care of it. We all miss him immensely."

Dr. Beerman is survived by his wife Karlynn, daughters Brooke Durnwald and Katie Campbell, son Trevor Durnwald, mother Joyce Kardon, brother David Beerman, and sisters Nancy Tashman and Beth Pomerantz. And by Parker, his faithful furry companion, who was always curled up in his office.

Observation, Reason, Human Understanding, COURAGE;

Annual and section of

Physician Spotlight

Each year, we shine a spotlight on some of the talented physicians who care for you at Firelands Health. We are proud to bring you quality care, close to home.





Aziz Bakhous, MD Nephrology

Nephrology is a specialty of adult internal medicine and pediatric medicine that concerns the study of the kidneys, specifically normal kidney function (renal physiology) and kidney disease (renal pathophysiology), the preservation of kidney health, and the treatment of kidney disease from diet and medication to renal replacement therapy (dialysis and kidney transplantation).

I love medicine. I enjoy the challenges, and I like caring for others. I'm a social person and like developing relationships and interacting with patients. For me, medicine is a way to achieve something in my life and to give to others.

I credit my success in medicine to my parents, who pushed me to be the best in my field. My dad, a civil engineer, and my mom, a pharmacist, knew the value of education. After finishing medical school at Al-Baath University in Syria, my parents encouraged me to pursue medical training in the United States. It was one of the best things they ever did for me. I completed my internal medicine residency training at Raritan Bay Medical Center in Perth Amboy, New Jersey, and received my nephrology fellowship training at the University of Arkansas for Medical Sciences in Little Rock, Arkansas.

I am very passionate about nephrology. I'm intrigued by how the kidneys are connected to all the other organs in the body. The mechanics of how the kidneys interact with other organs is fascinating. Nephrologists need to know how other organs function, not just the kidneys. I'm encouraged by the many accomplishments made in the treatment of renal disease in the past few years. The availability of dialysis and kidney transplants allows us to offer patients more options.

Before coming to Firelands, I worked for a large nephrology group that served a vast area in northeast Ohio. I spent a lot of time driving from one place to another to see just a couple of patients at each location, which wasn't very productive. I was looking for another opportunity when Firelands reached out to me. I wanted easy access to the west side of Cleveland, where my church is, and many of my friends live. I thought Firelands would be a good fit for me, and it is. My colleagues Dr. Essam Elashi and Dr. Abdul Qadir serve patients in the Sandusky, Clyde, Bellevue, and Port Clinton areas. In addition to our office practice, we have a state-of-the-art center that provides our patients with the best dialysis care available.

In addition to medicine, I enjoy playing soccer, working out, and doing activities with my family. My wife and I are very busy with our two young daughters.



Essam B. Elashi, MD Nephrology

Nephrology is a specialty of adult internal medicine and pediatric medicine that concerns the study of the kidneys, specifically normal kidney function (renal physiology) and kidney disease (renal pathophysiology), the preservation of kidney health, and the treatment of kidney disease from diet and medication to renal replacement therapy (dialysis and kidney transplantation).

I grew up in Cairo, Egypt, where doctors are regarded as very wise men and women who provide an honorable service to humanity. Studying medicine was the way to understand and discover the mystery of life science in a time when no digital information or internet was available.

Since my medical school years, I have been fascinated by the amazing complex functions of the kidneys and how they purify the blood to maintain a healthy environment for other organs to survive and function. My interest in nephrology increased with the availability of dialysis and kidney transplants. Kidneys are the only organ that can be artificially replaced efficiently.

I came to the United States after completing medical school at Mansoura School of Medicine in Mansoura, Egypt. The U.S. has always been considered the pinnacle of medicine because of the research and training opportunities available to doctors who would like to further their knowledge in their respective specialty.

After completing my nephrology training at University Hospitals of Cleveland, I accepted a position at Firelands. Firelands is the perfect place to practice a much-needed service in a smaller community but still be close to the larger cities of Cleveland and Toledo.

Because of the compact size of the hospital and the small-town atmosphere of the community, my colleagues and patients are like family to me. My wife and children enjoy Cedar Point, Lake Erie, and the beautiful scenery of the area. I enjoy traveling and reading when I have time.





Yuying Jiang, MD Pathology

Pathologists diagnose and characterize diseases. They analyze biopsied tissue or bodily fluids and interpret medical tests, including tests done by other specialists like dermatologists and cardiologists. Pathologists make most cancer diagnoses.

Growing up in China, I always admired the physicians who cared for my family and me. In high school, I had an amazing biology teacher who talked about the possible revolutionary changes in the future of medicine. Under his influence, I developed a strong interest in biomedical science and chose medicine as my career path. I went to medical school at Beijing Medical University, now known as Peking University Health Science Center.

Pathology was not my first choice of specialties. When I was in medical school, we didn't have a chance to rotate in clinical or surgical pathology, besides the basic pathology course taken in an early year of medical school. Upon graduation, I entered neurology. I was fascinated with the complexity of the nervous system and liked solving puzzles and figuring out what caused neurological illnesses. I worked in a top tertiary hospital and saw many devastating conditions such as Huntington's disease, Wilson's disease, ALS, and others, which have little if any effective treatments. Because of that, when I immigrated to New Zealand, I pursued research in neuroscience to seek potential cures for neurodegenerative disease.

After I completed my Ph.D., I came to the United States to continue my work in biomedical research. I worked at Nationwide Children's Hospital in Columbus, focusing on neuroscience and cancer research. During that time, I had more interaction with pathologists. I realized that all the modalities/approaches I used in my research were either important diagnostic tools for modern pathology or promoted the advance of modern pathology. I decided to go back into medicine as a pathologist. After passing the United States Medical Licensing Examination, I finished a pathology residency at the University of Toledo and cytopathology and surgical pathology fellowships at University Hospitals in Cleveland.

After completing my training, I found my first pathologist job in Nebraska. A year later, a friend informed me about an opportunity at Firelands. I decided to come to Firelands to be close to friends and family, as I have spent most of my time in Ohio since I arrived in the United States. I like working at Firelands because of how independent it is. The pathology lab at Firelands provides in-house immunohistochemistry study which is important, especially for diagnosis of cancers. At Firelands, the pathology lab offers quality service with a fast turnaround time. Also, we closely interact with clinicians and have easy access to all the necessary medical information such as image findings, etc., which give us a much more complete picture of the patient's condition, which is critical for making an accurate diagnosis. Unfortunately, not every pathologist has this luxury, as more and more pathology labs become centralized and offsite. I am also amazed by the outstanding physicians I work with. I am incredibly impressed with our interventional radiologists, and I would say they are among the very best in Ohio.

Outside of medicine, I enjoy the outdoors, hiking, and photography. Whenever I have a chance, I go to the lakeshore to watch the sunrise and sunset. I feel lucky living so close to Lake Erie.



Scotty J. Fulton, DO Emergency Medicine

The practice of emergency medicine includes the initial evaluation, diagnosis, treatment, coordination of care among multiple providers, and disposition of any patient requiring expeditious medical, surgical, or psychiatric care.

I'm from Kirtland, Ohio, a small town east of Cleveland. I went to undergraduate school at Cleveland State University and to medical school at Edward Via College of Osteopathic Medicine in Blacksburg, Virginia. I completed my residency at Mercy St. Vincent Medical Center in Toledo.

My interest in medicine comes from a desire to help people the best I can. Without your health, you are limited. I want to help people get the best chance possible. Medicine is fascinating and keeps me interested and focused.

While in medical school, I found I loved all my rotations and the specialties I experienced. I also was intrigued with taking care of the most critical patients. Emergency medicine allows me to help the sickest patients and care for every potential need in each body system. I enjoy the variety; it's certainly not boring!

I had the privilege of moonlighting as a third-year resident at the Firelands Emergency Department. I truly enjoyed each shift. The ER-DOC group of physicians at Firelands are very skilled, intelligent, compassionate, and great to work alongside. The Firelands Emergency Department was the exact setting I had hoped to work in. There is a wide variety of patient ailments to utilize my skills. I appreciate the team approach and working with such a great staff.

Both the hospital and the city share a lot of commonalities. People are more genuine and friendlier overall. There is a small-town feel, with a lot of amenities and options. When I'm not working, I enjoy working out, traveling, woodworking, and spending time with friends and family.

I am also completing a fellowship in Wilderness Medicine through the Wilderness Medicine Society. This thorough training allows me to utilize my skills in austere environments and treat all types of ailments you may encounter in the middle of nowhere...from sprains, infections, bear attacks, climbing accidents, mobilizing patients, and extracting victims from unusual places. I enjoy learning survival skills that can apply in all different climates. I hope to use it for remote medical mission trips and to have the opportunity to be a group physician in various treks throughout the world (in between working in the Emergency Department, of course).



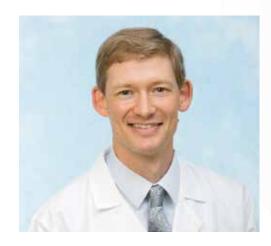
Kaitlin E. Schwerer, DO Family Practice

Family practice is concerned with the total health care of the individual and family. Family medicine integrates children and adults' biological, clinical, and behavioral sciences.

I have always wanted to pursue a career in medicine. My dad is a physician, and so was my grandfather. They influenced me from a very early age. Although they both chose anesthesiology, my choice was family practice. I like the longitudinal care family practice physicians provide their patients and how they treat a range of ages with a variety of conditions. I really value developing relationships with my patients, the challenge of managing chronic diseases, and the puzzle of diagnosing new conditions.

My husband and I are from the Sandusky area. After finishing medical school at the Ohio University Heritage College of Osteopathic Medicine in Athens, I came to Firelands Regional Medical Center for my family practice residency. We knew we wanted to stay here to be close to family, and when an opportunity opened at Firelands, I happily accepted.

When not working, I enjoy spending time with my husband and three young children. We like to do anything as a family, such as going on walks or to the park. We also enjoy boating and visiting the islands and Cedar Point. We love living in Sandusky and all that the area has to offer.





Robert M. Carlisle, MD Orthopedics

Orthopedic surgery is performed by an orthopedic surgeon trained to treat problems that develop in the bones, joints, and ligaments of the body.

Orthopedic surgery has been my career goal since middle school. After suffering an orthopedic injury while playing sports, I was introduced to an orthopedic surgeon who subsequently became my mentor throughout medical school (Northeast Ohio Medical University, Rootstown, Ohio), residency (Greenville Health System, Greenville, South Carolina, and total joint fellowship (Mississippi Sports Medicine & Orthopaedic Center, Jackson, MS).

Because I played sports my entire life, including college football, I initially thought I would specialize in sports medicine. While I still love sports, especially my Cleveland Browns, I realized during my residency training that orthopedic surgery is my passion. Since entering the field of medicine, I have always enjoyed interactions with patients. Everyone has a unique story to tell, and I felt being a total joint surgeon gave me the chance to hear patients' stories from all different walks of life. The preoperative optimization, the surgery, and the important rehabilitation aspect of total joints offer several opportunities to relate with patients while genuinely getting to know them and their families.

Being a part of someone's journey out of pain and back to an active lifestyle is by far the most rewarding aspect of total joints. The technical aspect of total joints interested me from the start, and I think my background had a lot to do with it. I grew up on a big family farm in a small town in northeast Ohio. So, I was no stranger to working with tools while on the farm fixing or building fences for our cattle and hogs. Growing up, I spent summers working with my 4-H project animals to show at the Portage County Randolph Fair. I hope to begin raising animals again in the future, and maybe my children will show animals someday. When I wasn't working with the animals, I was playing sports. I played football, basketball, and baseball growing up, and I continued playing football at Allegheny College in Meadville, Pennsylvania. I started at tight end for three years after converting from the quarterback.

While my competitive playing days were over after college, I have always enjoyed watching Cleveland sports and The Ohio State Buckeyes. I am a huge Browns fan, and I'll never turn down a chance to chat about the Browns. While I never played golf growing up, I have come to enjoy it even though I am not very good. During my residency in South Carolina and Mississippi, I was introduced to sporting clays and loved it!

As an avid Cleveland sports fan, it was challenging being away from my teams for so long. During my residency training in Greenville, South Carolina, I had to endure Clemson fans. Then, I had to contend with Saints fans, Ole Miss fans, and even Mississippi State fans in Jackson for my year of total joints fellowship.

My family and I could not be more excited to be back in Ohio! I met my wife in 7th grade, and we've been together ever since. We now have two children, Xavier and Alayna. I wouldn't call us foodies, but my wife and I are huge fans of trying new restaurants and other places to eat. I am especially interested in craft beer. Home-brewing has been intriguing, but I have not gone all-in on that hobby just yet. Nonetheless, trying the various Ohio craft beers since we have moved to Sandusky has been a lot of fun. We are excited to explore Sandusky, see the Lake Erie shores, get involved within the community, and finally put down roots at our new home.



Norleena Poynter, MD Radiation Oncology

Radiation is a technologically advanced method to cure cancer non-invasively. Radiation is typically delivered daily, over a period of days to weeks. Precision radiation can target tumors within millimeters and avoid significant side effects.

Milestone birthdays are a time to reflect, and my 30th birthday was no exception. Despite a successful consulting career at Ernst & Young, I knew I needed to do more.

The human body fascinates me. On my 30th birthday, I decided to become a doctor. I resigned from a six-figure consulting career, turned in my platinum frequent-flyer card, and went back to school.

Organic chemistry, biology, and physics replaced my former deadlines, corporate clients, and spreadsheets. After years as a successful IT consultant, I humbly sat in my pre-med program and tried to remember how to work the advanced functions on a calculator—taking cues from classmates ten years younger who arrived effortlessly at the answer.

The change from information technology to medicine may appear to be one of extremes. However, in many ways, human physiology is the most challenging of systems. Consider the available medical technology: robotic surgery, artificial hearts, Gamma Knife®, and medical imaging; few complete with our innate God-given systems. After years of working with large data systems, I was challenged by the intricacies of the human body and the enormity of the molecular systems that compose it.

In many ways, medicine presents the ultimate information system, one which will continue to challenge me throughout my career. As I pursued my medical education, the cancer patients lingered in my thoughts. The complexity of their disease requires a physician who is a clinician and, most importantly, a partner. Now at the end of a long week, I no longer question the purpose of my work.

After completing my pre-med work at Johns Hopkins, I attended medical school and served my internal medicine internship at Emory School of Medicine in Atlanta, Georgia. I then did my residency at Indiana University and a position, most recently, as faculty at Duke University. While we enjoy North Carolina, my husband and I are from Ohio and spend summer weekends at our place in Marblehead, where we enjoy boating on Lake Erie and time with family and friends.

This past summer, when Firelands approached me about joining the medical staff, it was a unique opportunity to return home to Ohio after 25 years in the South. I can now provide my Ohio family and friends with the highest quality radiation therapy and a holistic approach to cancer care.



Patrick M. Tupa, DO Emergency Medicine

The practice of emergency medicine includes the initial evaluation, diagnosis, treatment, coordination of care among multiple providers, and disposition of any patient requiring expeditious medical, surgical, or psychiatric care.

My interest in medicine comes from my father, who was a family practice doctor in Bainbridge, Ohio. I volunteered quite a bit in his office and the hospital where he worked. I grew up immersed in the field of medicine. I like to help people and enjoy the challenge of discovering new things that medicine provides.

I went to medical school at the Ohio University Heritage College of Osteopathic Medicine in Athens. As soon as I did a rotation in emergency medicine, I knew that was the specialty I wanted to pursue. I love everything about the ER. I enjoy the challenging cases. Every patient is a mystery, and the ER is fast-paced and fun. I was a cook during high school and college. Both environments require you to think and act fast, which I like.

For me, joining the ER at Firelands Regional Medical Center was like coming home. During my third and fourth years in medical school, I did rotations at Firelands and did an internship here. During my rotations, I worked with many surgeons and internists and worked as a phlebotomist at the hospital to make extra money. I went to Mercy St. Vincent Medical Center in Toledo for my residency but wanted to return to Firelands when I finished.

I love the Sandusky area, too. It's a quiet, safe place to raise a family. We love the lake, the beach, and everything the area offers.



Joseph Migliori, Jr., DO Radiology

The field of radiology specializes in diagnosing and treating injuries and diseases using medical imaging (radiology) procedures (exams/tests) such as x-rays, computed tomography (CT), magnetic resonance imaging (MRI), nuclear medicine, positron emission tomography (PET) and ultrasound.

My love for radiology started in high school, working in the radiology department at St. Charles Hospital as a department clerk and patient transporter. I felt connected to the physicians at the hospital, their work, and the patients we treated. Over time, my experiences led to my decision to attend medical school and pursue radiology as a career.

I graduated from The University of Toledo with a bachelor's degree in Biology and then attended medical school at Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. I completed my training as a radiologist at The University of Toledo Medical Center in Toledo, Ohio, and a subspecialty training in body imaging at Henry Ford Hospital in Detroit, MI.

The most significant driving factor in my life is my family. My father, who emigrated to the U.S. from Italy with his parents as a child, has always encouraged me to work hard and build a better life, with more opportunities and resources for my children than he could provide for me. My wife and two daughters are my biggest support, and I am close with my extended family.

My hobbies are fishing, boating, cooking, music, sports, traveling, and collecting wrestling memorabilia.

I was encouraged to join the Precision Radiology team at Firelands Medical Center by Dr. Mark Buehler, with whom I trained during my residency in Toledo. I am excited to join Firelands and look forward to taking this next step in my career journey.



Hassan Ibrahim, MD Cardiology

Cardiology is the field of medicine that specializes in diagnosing and treating diseases of the heart, blood vessels, and circulatory system. These diseases include coronary artery disease, heart rhythm problems, and heart failure.

When I was in middle school, I knew that I wanted to be a doctor. While growing up in Syria, I spent quite a bit of time with my aunt, who was a nurse. I would go with her to the clinic where she worked, and that's how I learned about medicine. She always told me I would be a doctor, and I never thought of being anything else.

I went to medical school at Tishreen University in Syria. I soon found that the field of cardiology fascinated me. I became very good at reading EKGs, which was unusual for a third-year medical student. I did a residency in internal medicine at Damascus University in Syria, and my mentor, a United States trained cardiologist, urged me to go to the United States. As a foreign doctor, I had to do another residency in internal medicine in the United States, which I did at the Wayne State University School of Medicine in Michigan. I then served a fellowship in cardiology at the Medical College of Virginia in Richmond.

The field of cardiology is fascinating and rewarding in all aspects. It's never boring, but constantly changing and evolving. You must always study. If you're not up to date, you're falling behind.

During my time in Richmond, Virginia, I was the co-director of the Heart Failure and Transplant Center at Virginia Commonwealth University and McGuire VA Medical Center. After completing my fellowship, I wanted to establish a general cardiology practice. I reached out to Dr. Naim Farhat, a classmate of mine in Damascus who was working for North Ohio Heart in Elyria. He said the group had an opening in Sandusky. That was 25 years ago, and I've been here ever since. I never had a desire to leave.

Firelands is a special place to practice. It's unique in the sense that it is a community hospital, but it is also a regional medical center. It has an outstanding staff of health care professionals, and the physical facility is the best. My patients are so appreciative and grateful for what we can do for them.

Outside of medicine, I have two hobbies, soccer and road biking. I have played soccer most of my life. When I was in medical school in Syria, I was nominated to join the Syrian national team, but I declined because I didn't want to leave medical school. I still play soccer on a local co-ed team. I also enjoy biking.

My wife and I have two sons. One is serving a cardiology fellowship in Virginia, and the other is planning to attend medical school and study sports medicine.

Honoring Loved Ones by Helping Others

There are many ways to give to The Foundation for Firelands. A more personal way to contribute is to establish a fund in memory or honor of someone you love or for a cause close to your heart. The Foundation for Firelands has benefited from the generosity of several families establishing such types of funds.

Edward J. and Doris Daly Baxter Scholarship Fund

The Edward J. and Doris Daly Baxter Scholarship Fund for the Firelands Regional Medical Center School of Nursing was established in June 1990 by Doris Daly Baxter and her eight children in honor and celebration of the retirement of her husband, Dr. Edward Baxter, from 50 years of practicing medicine. "I realized the importance of nursing as a profession early in my life," says Judy Monaghan, one of Dr. and Mrs. Baxter's children. "The nurses who worked with my father in his practice were an integral part of his success. My father treated his nurses like family. In addition to helping him, the nurses provided patients a caring and comfortable environment."

Judy explained how her father valued the nurses' connection with their patients. "The nurses who worked with my father knew all the patients by name. They typically came into contact first with patients, setting the tone for their visit with my father and helping them understand what my dad was telling them."

The Baxter family established the fund to help nursing students with financial needs. Judy, her sister Nancy, other members of the Baxter family, and community donors contribute to the fund to ensure nursing students have the means to complete their training.

Judy's husband, Bill Monaghan, realized the impact of the Edward J. and Doris Daly Baxter Scholarship Fund during a recent hospital stay at Firelands Regional Medical Center. One of his nurses was a recipient of the scholarship. "She took great care of me and made my stay comfortable," says Bill. "We are so blessed to have Firelands and its wonderful staff in our community."

Recognizing how much nurses impact patients and their families, Judy and Bill have contributed to the fund for more than 25 years. During that time, 74 students have received scholarships.

When asked why they give, Bill and Judy simply replied, "We have been blessed. So we give back."

Dr. and Mrs. Baxter





Plesnarski family



Judy Monaghan -The nurses who worked with my father in his

with my father in his practice were an integral part of his success.



Bill and Judy Monaghan



Adelaide E. Walker and her nine children.

Carolyn Parrish The two
scholarships are
a way to honor
our mother and
sister, and at the
same time benefit
nursing students.



Rita Walker Baumeister



Adelaide E. Walker

Adelaide E. Walker Memorial Scholarship Fund

Another fund established with The Foundation for Firelands that benefits nursing students is the Adelaide E. Walker Memorial Scholarship Fund. A 1930 graduate of the Providence School of Nursing, Mrs. Walker devoted 30 years to nursing. She retired in 1972 from the Ohio Veterans Home, where she was a night supervisor. The sole support of her family, Mrs. Walker raised nine children with the help of her nursing career. "I remember my mother telling me that she didn't know what she would have done without her nursing degree," says Carolyn Parrish, Mrs. Walker's youngest daughter.

Carolyn established the fund in 1989 in memory of her mother and in honor of her accomplishments as a nurse. The scholarship is awarded to a student who has completed the first half of the nursing course. She created a second fund in memory of her sister, the Rita Walker Baumeister Memorial Scholarship Fund, in 1995. The Rita Walker Baumeister scholarship is awarded to a student interested in geriatric care.

"Three of my sisters became nurses, including Rita. She and her husband, Lee, owned Classic Care Nursing Homes. Rita graduated from Providence School of Nursing in 1958 and had many ties to the community. My sister, Ruth Ebert, graduated from Providence in 1961, and another sister, Dorothy Atkinson, is an LPN. Several other members of our extended family are health care professionals as well," says Carolyn. "The two scholarships are a way to honor our mother and sister, and at the same time benefit nursing students."

Anyone may contribute to these funds in support of student nursing.

Dr. Anthony Linz Pulmonary Rehabilitation Fund

Kathleen Linz recently established a fund with The Foundation for Firelands in memory of her husband, Dr. Anthony J. Linz, a former pulmonologist at Firelands Regional Medical Center. Born and raised in Sandusky, Dr. Linz returned to his hometown after completing his education to open his practice at Sandusky Memorial Hospital. He practiced pulmonary medicine for 35 years in the community and served as the director of the respiratory care program at Bowling Green State University Firelands College. Asthmatic children in his practice encouraged him



My husband was a firm believer in pulmonary rehabilitation. He would be thrilled that people can get rehabilitation who would otherwise not have it.







to start Camp Superkids, a weeklong camp for children with asthma ages 7-12 years. He directed that program for 13 years with the help of numerous colleagues, nurses, respiratory care students, interns, and students. "His dedication to the practice of pulmonary medicine is the reason I wanted to help make a difference in the lives of patients unable to receive help for their pulmonary problems," says Mrs. Linz.

With Mrs. Linz's support, the Dr. Anthony Linz Memorial Fund helps pulmonary patients benefit from the pulmonary rehabilitation program at Firelands who do not meet the criteria to qualify otherwise. "Medicare and private insurances will only pay for rehab for patients with chronic obstructive pulmonary disease. There are many patients with restrictive pulmonary disease who don't qualify but would definitely benefit from rehabilitation, such as those experiencing pulmonary problems due to COVID," explains Tammy Biglin, BS, RRT, Director of Cardiopulmonary Services. "The only way these patients can participate in the program is to pay for it themselves, which can be prohibitive financially. Unfortunately, the reimbursement guidelines are extremely strict."

Castalia resident Bruce Miller was diagnosed with COVID in November 2020. He spent 26 days during three hospital stays in November and December at Firelands Regional Medical Center. As is common with many COVID sufferers, Bruce developed pneumonia, which severely damaged his lungs. Struggling to breathe, on oxygen 24 hours a day and unable to return to his job as a floor supervisor at Ventra, his family physician, Dr. Brian Kuns, recommended that he participate in the hospital's pulmonary rehabilitation program. His insurance company denied the request, stating that his diagnosis of restrictive pulmonary disease did not qualify him for the program. Knowing Bruce would benefit from the program, Tammy asked Alice Springer, the Director of The Foundation for Firelands, if there was any way the hospital could help him.

"About this same time, Kathleen Linz approached me about setting up a fund in Dr. Linz's memory. I told her about Tammy's request for financial help for patients who did not qualify for pulmonary rehabilitation, and she thought it would be a great way to honor her husband's memory," says Alice.

Meanwhile, Bruce was deteriorating mentally and physically. "I was depressed and unable to do anything but sit around and watch TV. I had gained weight and was out of shape. I couldn't believe that the insurance company had denied my request for

pulmonary rehab twice. And then I got a phone call from Tammy. She told me about the fund Mrs. Linz had started with The Foundation for Firelands and that through her kindness, I would finally be able to go to rehab."

Bruce credits Madison Phillips, Clinical Exercise Physiologist, M. ED in Exercise Science, and Shelby Kinney, Registered Nurse, RN, BSN, for his success in the program. "In addition to monitoring me while I exercised, they taught me how to change my diet, which helped me lose weight. They got me moving again. My breathing is better, my body is stronger, and I am now back at work at a desk job. I cannot begin to express how thankful I am for what Mrs. Linz and The Foundation for Firelands has done for me."

The damage to Bruce's lungs was so extensive that he may require a double lung transplant in the future. "I need to be in the best shape possible for the transplant, and pulmonary rehabilitation has helped me do that," says Bruce.

Mrs. Linz was delighted to learn how her fund was already helping people. "My husband was a firm believer in pulmonary rehabilitation. He would be thrilled that people can get rehabilitation who would otherwise not have it."

GIVING

is not just about making a donation.

It is about making a DIFFERENCE

- Kathy Calvin

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The M.J. Stauffer Annual Giving Society recognizes donors who give \$1,000 or more during a calendar year in support of patient care provided by Firelands Health. While gifts are categorized in two levels, every gift to The Foundation for Firelands is deeply appreciated.

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Joys Of Volunteering

Want to be happier? A survey of nearly 70,000 people suggests volunteering your time to help others can boost your overall well-being and sense of happiness. An old saying goes, "You can never give as much as you will get in return." Just ask a Firelands volunteer, and you will learn this adage is true.

Marcia Schutt began volunteering 17 years ago in the hospital gift shop as a cashier when she retired from her 42-year career as a nurse. She also manages the volunteers' schedules for the three gift shops. Marcia explains, "Volunteering is a stress reliever for me. It gets me out of the house and helps me socialize."

Tom Orihel began volunteering 14 years ago to give back to the healthcare community that helped him through a health crisis. Currently, Tom assists the front desk and transports patients, delivers mail and flowers, and whatever else needs doing. He purposely chose a job involving walking. Tom says, "I benefit from the exercise. Also, I continually seek ways to keep my mind engaged, which volunteering does for me. It is such a pleasure to connect with so many people. Some folks are anxious, and talking with them and making them laugh helps them relax."

Ruth Meade helps out clerically in the Education Department by scanning and electronically filing information. She notes, "Before retirement, I worked at Firelands, so it's a win-win. I can maintain some of the close friendships I developed while continuing to support Firelands by providing a valuable service."

Both Jan Lippus and Cindy Carruthers assist at the front desk and agree their favorite aspect of volunteering is meeting all the people. Both mentioned, "You make new friends, and you see a lot of old friends." Cindy added, "It is a joy to help out, and it makes you feel useful."

Jody Mast explains, "My husband has worked many years at Firelands Health, and the organization is a big part of our family. Volunteering was a way for me to give back to the hospital." Jody volunteers in the gift shop, where all the proceeds directly support patient care at Firelands. "People are amazed by the trendiness of the gift shop inventory, and it is fun to be a part of it all. I also absolutely love meeting all the people. You meet people on some of their best days and some on their worst days. Some are celebrating a new birth, and others may be mourning

the loss of a loved one. Either way, these people need someone to talk to and be there for them. For me, it is an honor to be that person," stated Jody.

Research shows the gift of time keeps people engaged, moving, and thinking.

It decreases stress and depression, reducing physical and mental health issues. It provides social connections and builds relationships while making your community a better place. It can sharpen one's skills, give a sense of purpose, and increase life satisfaction.

Volunteers make an immeasurable positive impact on countless people at Firelands Health. The most significant positive effects, however, may be on the volunteer. Volunteering does not require special skills, only special people willing to give a little of themselves. Try it for yourself, and for others. Consider volunteering. Visit Firelands.com/volunteers.

Hospital Volunteers and Auxiliary 2021

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Celebrating Our Volunteers

Firelands Health volunteers were honored at a Volunteer Recognition Banquet held at the Sandusky Yacht Club on April 21, 2022. Many volunteers were presented special certificates marking their years of service. These honorees are shown with Roger Gundlach, Chair at Firelands Health, and Jim Miller, Vice-Chair at Firelands Health.

We couldn't have picked better volunteers!



Roger Gundlach, Marsha Scott, Christine Stein, Mary Ann Pelz, Patty Rinelli, Daniel Schaeffer, Jim Miller. Not pictured: Susan Porter.



Roger Gundlach, Sarah Samstag, Cecelia Weaver, Rebecca Trout, Janet Stradtman, Pat Mandrik, Nancy Bickley, Arlene Gilbert, Jim Miller. Not pictured: Keith Newton, Louise Newton.



Roger Gundlach, Sharon Turini-Kent, Pam Hartung-Kellem, Donna Greulich, Jim Miller. Not pictured: Janet Freehling, Helen Holl.



Roger Gundlach, Sherry Balduff, Jim Miller.



Roger Gundlach, Shirley Mapus, Jim Miller.

The donors listed made a memorial gift in remembrance of these special individuals who have touched their lives:

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Patricia Didion
Marsha Noftz

Additional Doctor's Day tributes, given by Rosemary Riedy to the following physicians, were inadvertently omitted in the 2020 Annual Report:

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Dr. Martin Beerman byPatty and Dennis Martin

Debbie Conley by

Firelands Regional Medical Center Environmental Services Team

Patricia Jacob by

Firelands Regional Medical Center Environmental Services Team

Allen Nickles by Firelands Heath

Edna Wilson by

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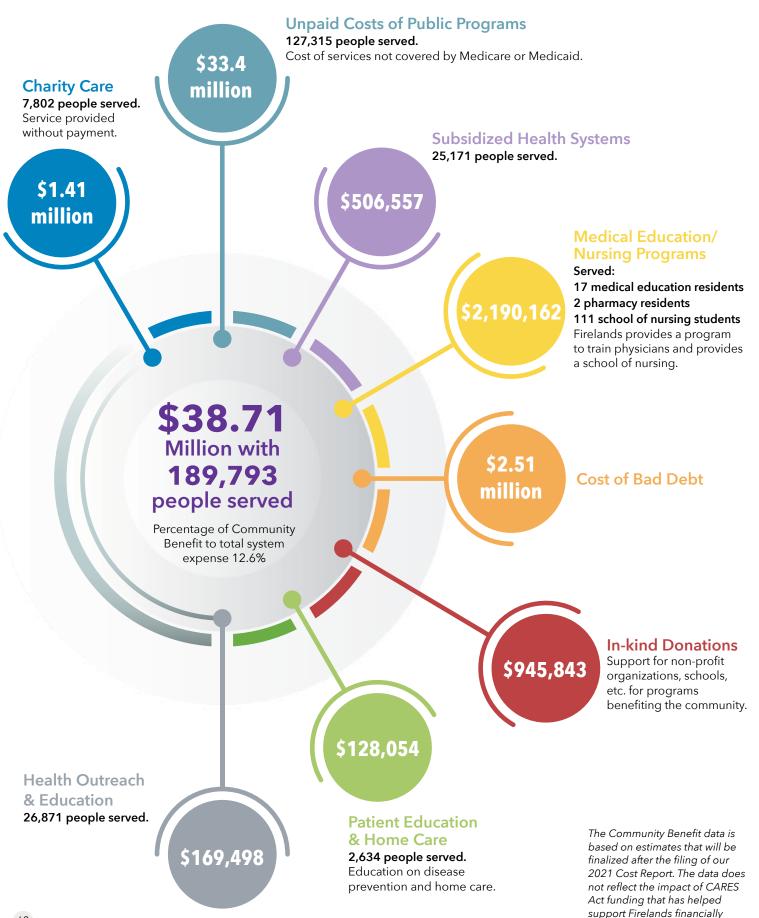
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2021 Community Benefit



during the COVID-19 pandemic.

2021 Financial Statement

This financial statement reflects the 2021 operating results for Firelands Health, including Firelands Regional Medical Center, Firelands Physician Group, and The Foundation for Firelands.

Our	Income
Oui	IIICOIIIC

Revenue from 41,550 patient days of service provided to 6,437 patients

\$225,885,984

Revenue from supporting services and care rendered for

\$504,503,833

Ambulatory, Emergency Department, Home Health, other Outpatient and Physician Services

Total revenue from these services \$730,389,817

Less

System contractual adjustments to third party payors (\$441,208,593)

Cost of care underwritten for persons without the ability to pay for their services and bad debt (\$13,275,941)

Net revenue from patient services \$275,905,283

Plus

Other operating revenue...(Includes \$8,523,682 in Provider Relief funds) \$37,735,578

Equals

Total Operating Revenue \$313,640,861

Our **Expenses**

Salaries, wages and employee benefits \$158,857,261

Supplies, purchased services and general expenses \$136,562,927

State of Ohio imposed Franchise Fee \$7,218,218

Interest expense \$3,627,501

Total Operating Expenses

\$306,265,907

Net results \$7,374,954



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