

SANDUSKY'S BICENTENNIAL • SUMMER 2018

FEEL *Better*

with

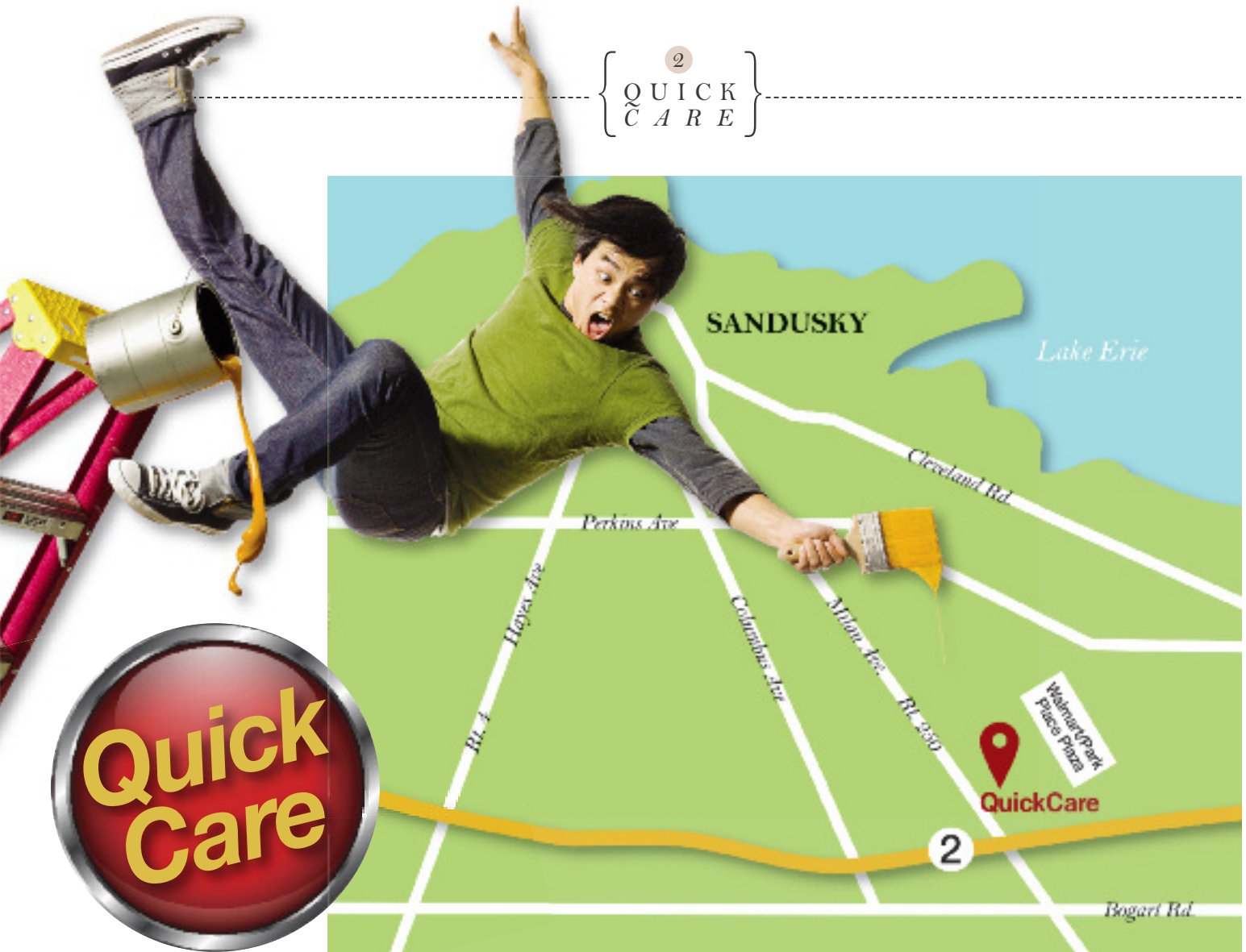


2 New QuickCare
on Rt. 250!

3 Learn How to
Save a Life.

8 Community
Benefit Report

{ QUICK CARE }



QuickCare
5420 Milan Road (Rt. 250)
Sandusky

Located directly in front of Walmart/Park Place Plaza, inside the Firelands Corporate Health building.

Hours:
Monday – Friday:
9 am – 7 pm

Saturday – Sunday:
9 am – 3 pm

firelands.com/quickcare

New QuickCare! Fast, quality care... right when you need it.

We've all been there. It's late on a weekday, or mid-day on a weekend, and something just isn't right. Normally, you would have to wait until the next business day to contact your primary care doctor, or wonder if your symptoms were right for the ER.

Now, with Firelands' new QuickCare, you can rest assured that those bumps, bruises and ailments that occur after hours can be treated on your schedule.

The Name Says it All

QuickCare is for those times when something has gone wrong, but it's not severe enough to go to the emergency room, or call an ambulance. It will also be quicker and less expensive than a visit to the ER. For example, sometimes the co-pay for urgent care

is higher than a visit to your family doctor. With QuickCare, the co-pay should be the same, in many cases, as a primary care visit.

"QuickCare is meant for ailments such as cold and flu symptoms, ear infections, sprains, sports injuries, insect bites and work-related injuries. Potentially serious problems such as a possible heart attack, a possible stroke or a blow to the head should still be taken to the hospital's emergency room," Sandie Beal, RN, director of Firelands Corporate Health and QuickCare, said.

Firelands QuickCare is run by emergency medicine board-certified Medical Director, Dr. Mark Schmiedl, of Firelands Physician Group. Our Nurse Practitioners (NPs) and Physician Assistants (PAs) offer patients speedy, convenient diagnosis and treatment.

*On the cover:
Photos provided by the
Sandusky Library Archives
Research Center*

Bystanders can be heroes

Learn how to Stop the Bleed.

None of us think we'll ever be in a situation when we have to save someone's life by stopping blood loss. We hope we won't, at least.

It can be an automobile accident, a gash from cooking, using power tools, or sadly, a mass shooting. Injuries that puncture the skin can be deadliest not from the injury itself – but from the blood loss that occurs as a result. And when an injury like this occurs, sitting back and waiting for emergency personnel can be more deadly than stepping in to help.

Seconds count during a severe bleeding event. In fact, a person who is bleeding can die from blood loss in less than five minutes.

Excessive bleeding is responsible for nearly 35% of pre-hospital deaths and 40% of deaths in the first 24 hours of a traumatic event, according to the National Trauma Institute. And when a traumatic event like a vehicle crash, fall, bombing, or mass shooting occurs, bystanders can be the first to step in while emergency medical services (EMS) are en route to the scene.

The devastating shooting at the Route 91 Harvest festival in Las Vegas on Sunday, October 1, 2017 was a prime example of bystanders becoming medics – and preventing more fatalities. Strangers used belts as makeshift tourniquets to stanch bleeding, and others drove the wounded to hospitals in the back seats of cars and the beds of pickup trucks. What the Las Vegas shooting showed, trauma experts said, is that blossoming efforts to teach the public to help the wounded in mass casualty emergencies should be expanded.

That's exactly what Firelands Regional Medical Center is attempting to do by offering Stop the Bleed classes throughout 2018.

"In traumatic events, how many victims could be saved by bystanders who are educated about what to do?" said Marisa Munafo, BSN, RN, education specialist at Firelands Regional Medical Center. "Most traumatic deaths come from blood loss, because people can bleed out in only a few minutes.

If more bystanders are confident about how to help before EMS arrives, more lives can be saved."

Marisa herself was recently in a situation that required knowledge from Stop the Bleed. While driving down a highway, Marisa witnessed a collision between a semi and another vehicle that resulted in the semi overturning on the highway. She frantically pulled her car over, raced to the driver's side door of the semi, and as soon as she could get access to him, saw that he was bleeding from the forehead.

"I could see the gash on his head, and I kept thinking 'I need to apply pressure,'" said Marisa. As others stood back watching, recording the action on their smartphones, Marisa jumped in to apply pressure and stop the man's bleeding.

This is one example of a moment you could have the opportunity to save someone's life – an opportunity you would never expect, but you can easily prepare for.

The hour-long Stop the Bleed class teaches the average person how to identify situations when pressure, packing, or a tourniquet is needed, and how to apply one of those three methods. The class includes insights and education from real emergency personnel, followed by real training utilizing a manikin, tourniquet, and other makeshift limbs with gauze for packing.

"Participants can learn not only how and where to apply a tourniquet, but also get hands on practice packing and applying pressure to open wounds on a manikin," said Marisa.

After the class, participants can purchase Stop the Bleed kits which include a tourniquet to keep in their vehicles or homes for emergencies, should they happen. You don't have to have a medical background to save someone's life in an emergency. All you need is the knowledge, training, and empowerment to act when needed. That's what Stop the Bleed classes provide.

If you would like to participate in a Stop the Bleed class, or would like a class taught at your organization, school, or business, call 419-557-6740.



Stop the Bleed Upcoming Classes

Cost: \$15 per person

Location:
Firelands Regional Medical
Center South Campus
Education Room
1912 Hayes Ave., Sandusky

Class Dates:

- August 8
- September 12
- October 10
- November 14
- December 12

Optional supplies, including tourniquets, will be available for purchase.

To register, please visit:
firelands.com/classes-events



Changing Lives, One Baby at a Time

You don't have to be a certain age to change lives.

Jordan and James Frado's son Calvin is a perfect example of that. Calvin was "born into heaven" on February 24, 2016 at 5:28 a.m. weighing 10 lbs., 1 oz., 20.5 inches long. The cause was meconium aspiration, which is when the baby's meconium stool mixes with the amniotic fluid in the womb and is inhaled into the baby's lungs shortly before, during, or after birth.

It's impossible to put into words the emotions that Jordan and James endured after Calvin's death. Jordan speaks candidly about that time in her life on her blog, calvinslove.blogspot.com.

"It's been rough, but I have a lot of help," said Jordan.

"I remember sitting in this exact spot I am right now in the first month of Calvin being gone and thinking to myself, 'I can't wait until more time goes by and this gets easier.' As I sit here today I'm able to say, it did get easier, though not as much as I'd hoped. There isn't a day that goes by that I don't think about him."

Calvin's Love Comes to Firelands

One of the ways Jordan and her family dealt with the pain of losing Calvin was honoring his memory. To Jordan and James, the way in which to honor their firstborn was to turn the tragedy into a triumph. Through his death, Calvin is impacting more people than many adults do throughout their entire lifetimes. One of those ways: Calvin reaches each and every baby born at Firelands Regional Medical Center.



"We have been given so much love and support through our time of grief, that we want to share that same love and kindness in Calvin's honor," said Jordan. "Every child is a blessing from God and Bibles for Babies was laid on our hearts."

Bibles for Babies is a non-profit program run by Jordan and her mother, Kim More, in which funds are raised to purchase Say & Pray Children's Bibles, which are then donated to newborns, young children, and their families throughout Huron and Erie counties. Bibles have been given to area Salvation Army's, food banks, churches, preschools, pregnancy centers, health centers, resource centers, and more. In August 2017, Bibles for Babies were donated to the Firelands Center for Women & Newborns. Each baby born at the hospital receives a free bible on behalf of one tiny, mighty missionary: Calvin Frado.

"Of course, if the mother doesn't wish to take the bible home, they aren't forced to," said Jordan. "Our goal was to get them into hospitals so that each newborn would go home with the Word of God. We hope to spread this ministry to other surrounding hospitals."

Calvin has reached more than 2,800 people through bible donations.

"We want to reach as many children as possible," said Jordan. "I get chills thinking about the moms and dads who are handed a free children's bible - something they maybe never would have had or would ever buy for their child. Calvin is changing lives!"



Kim More speaking about Bibles for Babies.



James & Jordan Frado, with daughter Morley Rae.

The Firelands Center for Women and Newborns is just one place on a growing list where Bibles for Babies are accepted with open arms. If you wish to get involved in Calvin's ministry, you have a few options:

- 1 **Donations:** Bibles for Babies is run entirely on donations. Any amount will help as they will be used to purchase picture bibles for children. All donations are tax deductible, as Calvin's Love is a 501(c)(3).
- 2 **Outreach:** Help Jordan and her family spread the word about Calvin's Love and the Bibles for Babies program. Keep a lookout for this story to be featured on Firelands Regional Medical Center's social media channels, and share it with your friends and family.
- 3 **Prayers:** "Prayers for our hearts to be open and eager to glorify God, man power for this to spread as deep and wide as it can go, and the funds to do so," said Jordan.

Now more than two years later, Calvin not only lives on through Bibles for Babies and his family's hearts, he is also a big brother in heaven to his sister Morley Rae, born July 1, 2017.

For more information about Calvin's Love and how you can get involved, visit: calvinslove.com or email: info@biblesforbabies.com.



Angel Gowns

One volunteer's way of offering comfort to grieving families.

The Firelands Center for Women & Newborns has a special place in many peoples' hearts. In another small but meaningful way, one volunteer is giving back to babies at the Center for Women and Newborns who, like Calvin from the previous story, are "born into heaven".

Jan Lippus, a retiree who used to run playground duty at schools and loves to be around children, spends her time sewing "angel gowns" for stillborn babies. She has sewn more than 10 pieces which she has donated to Firelands – all of which are created using fabrics from wedding dresses, christening gowns, and bridesmaid dresses.

Lippus sews gowns of all sizes, fabrics and colors – some with lace and ribbons, others with simple white silk and buttons. And while the center hopes to not need any angel gowns, they typically need more of the smaller sizes than the larger ones.

The number of stillborn or miscarried babies at Firelands Regional Medical Center goes in spurts and can vary month-to-month, according to Trisha Barth, unit coordinator at the Center for Women & Newborns. There's no predicting how many angel gowns the center will use, but having them on hand is a welcome gift.

"Luckily we only see one or two full term stillborns per year," said Barth. "Most of our need in terms of sizes are for smaller babies, those weighing around one pound – about the size of your hand."

After birth, each deceased baby is dressed carefully in the angel gown, and then placed with delicate blankets, stuffed animals and mementos for photographs. The photos are offered to the parents and saved on file. Parents can choose when or if they want to see the photos of their deceased baby.

"We have patients who take months, even years before they're ready to see the photos," said Barth. "And that's completely okay. But when they're ready, they can come back and we will have the photos for them. We strive to show moms compassion and do as much as we can to help them during such a heartbreaking time."

Through the generous time and donations from volunteers like Jan Lippus, the Firelands Center for Women & Newborns has plenty of angel gowns on hand if needed.

Volunteers Make a Difference!

If you have an interest in giving back to patients at Firelands Regional Medical Center, learn more about our open volunteer opportunities by visiting: firelands.com/volunteer



ADDICTION



“From September 2016 to September 2017 almost 68,000 people across the U.S. died from a drug overdose.”

Firelands Counseling & Recovery Services & Sandusky Artisans partner for: Peer Recovery Support

According to the Centers for Disease Control (CDC), drug overdoses in Ohio rose over 30% from September 2016 to September 2017. In that same timeframe, almost 68,000 people across the United States died from a drug overdose – a large portion of those from opioids – with over 5,000 of those being from Ohio.*

In an effort to help meet the needs of persons who unintentionally overdose on heroin or other drugs, and who require medical intervention to save their lives, Firelands Counseling & Recovery Services has partnered with Sandusky Artisans to bring support to those quickly at the time of the overdose.

“The opiate epidemic is on the forefront of everyone’s mind,” said Karen Russell, PCC-S, LCDC III, site director for Firelands Counseling & Recovery Services of Erie County. “We wanted to find a safe and effective way to have intervention as close to the point of the crisis as possible.”

The purpose of the Peer Recovery Support Program is to provide assistance, education, and support to persons and/or family of an individual who has overdosed and is in need of acute medical care in the Firelands Emergency Room. The goal of the program is to link patients who may have an addiction problem to on-going community supports.

“We wanted to make a connection for these individuals with people who have been through addiction; someone who has lived experience,” Russell said.

The service is a 24/7 on-call program. Roughly 18 people utilized the service during the months of January, February, and March 2018.

For more information on the Peer Support Program, please contact Firelands Counseling & Recovery Services of Erie County at 419-557-5177.

*Information taken from: www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm

RECOVERY



Did you know?

Through our partnership with prominent, local neurologists, Firelands Regional Medical Center is able to treat many neurological conditions. Once a condition is diagnosed, Firelands can provide services for the following neurological disorders:

- Alzheimer's disease
- Birth defects of the brain and spinal cord
- Brain aneurysm
- Brain injury
- Brain tumor
- Cerebral palsy
- Concussion
- Dementia
- Epilepsy
- Guillain-Barre syndrome
- Multiple sclerosis
- Muscular dystrophy
- Neuralgia
- Neuropathy
- Parkinson's disease
- Coliosis
- Seizures
- Spinal cord injury
- Stroke
- Vertigo

Could you recognize the signs of a **STROKE**...and know what to do?

Would you know what to do if you or a family member had sudden tingling, weakness or loss of muscle strength and control on one side of their face?

These symptoms could be the first signs of a stroke, a serious neurological condition that occurs when the brain's blood supply is blocked by a blood clot or damaged vessel.

While stroke is one of the leading causes of death among Americans and a leading cause of serious, long-term disability, it can be treated if it's recognized and caught early enough. One way is to identify the signs of a stroke; using the acronym FAST is helpful.

Comprehensive Neurological Care is Closer than You Might Think

Did you know that since 2007 Firelands Regional Medical Center has been a certified Primary Stroke Center? Firelands earned this distinction after the Healthcare Facilities Accreditation Program (HFAP) conducted an extensive and objective review of the

hospital's stroke program. This Primary Stroke Certifications shows that Firelands has the capacity to stabilize and treat acute stroke patients, provide acute care, and administer tissue plasminogen activator (TPA), the only FDA approved treatment for ischemic strokes, safely and efficiently.

The stroke care provided at Firelands includes emergency care, such as TeleStroke technology, diagnostic care, physicians specializing in stroke care, comprehensive rehabilitation, and services to assist patients in recovery from stroke.

Firelands Regional Medical Center continues to strive for excellence in every aspect of neurological care. In collaboration with local neurologists, our facility uses state-of-the-art equipment and technology to help diagnose and treat your loved ones.

To learn more about our comprehensive neurology program and services, visit firelands.com/neurology

F

FACE: Ask the person to smile. If the person is experiencing a stroke, one side of the mouth may droop.

A

ARMS: Ask the person to raise both arms. Stroke will often cause one arm to drift downward.

S

SPEECH: Ask the person to repeat a sentence. Stroke may cause speech to be slurred.

T

TIME: If you see signs of a possible stroke, call **911** or take the person to the emergency room.

If you notice any of these signs, call 911, or get to the closest Emergency Room!

• **2017
New Physicians**

Eric Robinson, DO
Emergency Medicine

Khurshid Iqbal, DO
Adult Hospitalist

Michael Frings, DO
Adult Hospitalist

Safwan Khader, MD
Adult Hospitalist

Joseph Riley, MD
Physical Medicine
& Rehabilitation

Ruta Semaskiene, MD
Adult Hospitalist

Alex Keister, DO
Emergency Medicine

Timothy Sutton, MD
Occupational Medicine

• **2018
New Physicians**

Mark Buehler, MD
Neuroradiology

Chris Yontz, DO
Anesthesiology

Frederick Doamekpor, MD
Adult Hospitalist

Daniel Elskens, MD
Neurosurgery

Viktoriya Ioffe, MD
Pediatric Hospitalist



How Does Firelands Regional Health System Care for Our Community?

Local Economic Impact in the Local Communities:

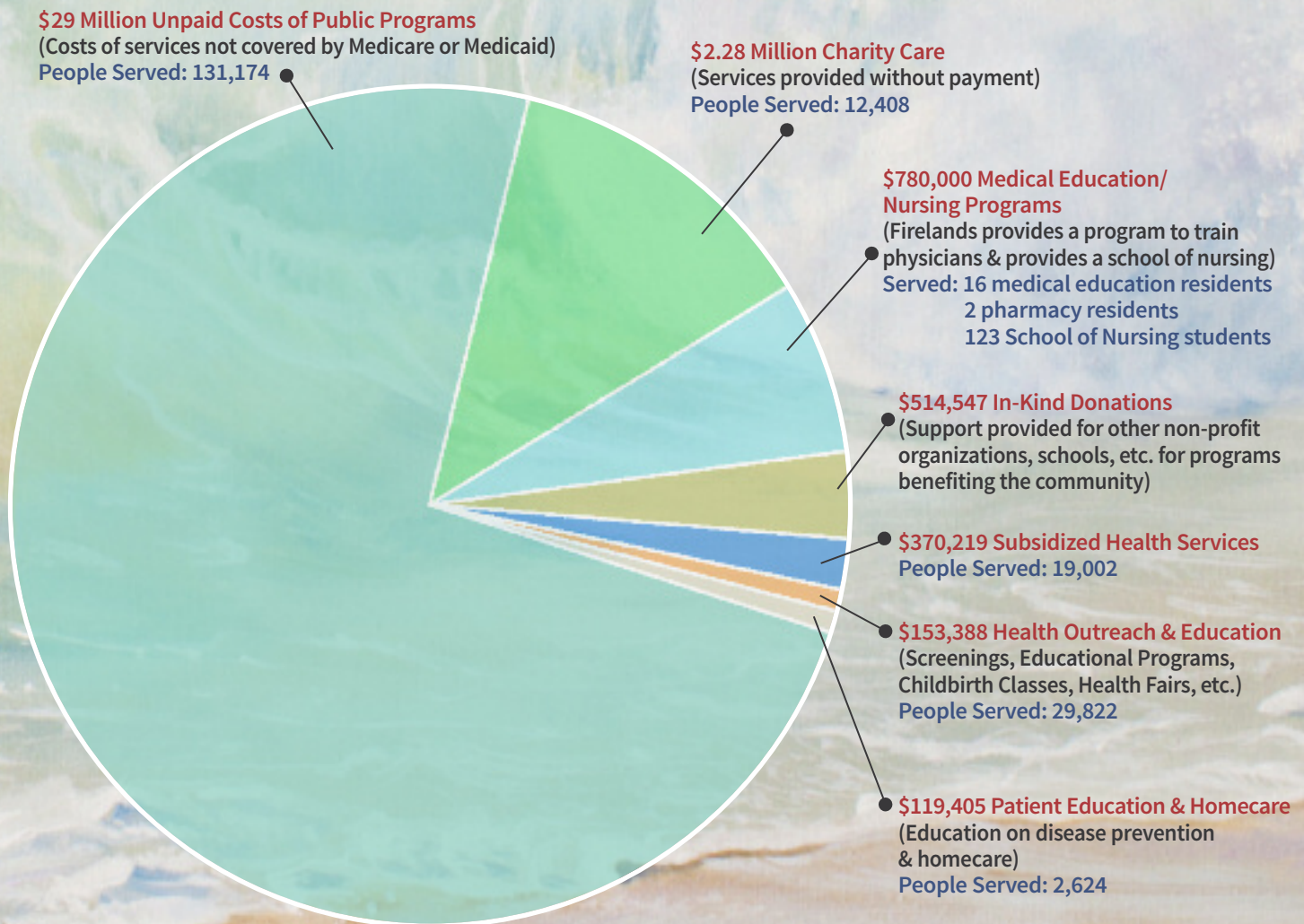
- **2,511 individuals employed** in the Firelands Regional Health System, providing quality jobs in our community
- **358 Medical staff members** representing over 35 different areas of specialty to keep your healthcare close to home. Medical staff members include Active Members, Courtesy/Consulting, Honorary/Emeritus, and Contracted medical staff
- **62 Allied health professionals**, including additional medical professionals such as Physician Assistants, Nurse Practitioners, Certified Surgical Technicians (CST), Clinical Cardiac Perfusionists, Certified Registered Nurse Anesthetists, etc.
- **\$1.72 million paid** by Firelands employees in city and school payroll taxes which flow back into and support our community
- **\$21.56 million of goods and services** purchased from local companies to support other local organizations to help keep them in business

2017 Service to the Community:

- **10,200 individuals served** as inpatients in the hospital, providing care to you and your family in times of sickness and injury
- **273,906 visits for outpatient services**, providing the latest in technology to improve the lives of you and your family
- **78,034 emergency room and Urgent Care visits** providing multiple levels of emergency and urgent care services for major and minor injuries and illness
- **75,319 patient office visits** provided by Firelands Physician Group, providing primary care and specialty care services for health prevention and wellness
- **800 births**, providing a caring and comforting environment for you and your newest family member

FIRELANDS REGIONAL MEDICAL CENTER 2017 Community Benefit

\$32.98 Million with 195,030 people served



Firelands Regional Medical Center covered an additional \$1.5 Million in bad debt expenses (actual cost) for which no monies were received for services rendered. Net community benefit represented 13.6% of total hospital expenses.



2009

2010

2011

2012

2013

Fashion Week, Sandusky Style

Thursday, September 20, 2018 ■ Plum Brook Country Club, 5:30 pm

Call 419-557-7150 to Reserve Your Spot Today!

COMING... NEXT YEAR!

A new fundraising endeavor in support of The Foundation for Firelands Mammogram and Breast Cancer Fund.

Fashion Week, Sandusky Style may be coming to a close, but the need for this patient assistance fund remains.

Be on the lookout for details on how you can continue the tradition of support for patients in 2019!

When *Fashion Week, Sandusky Style* commenced in 2009, this event was designed to help patients in need of mammograms and breast cancer care. When this fundraiser began, a fund like this did not exist at Firelands. A small group of committed community members saw a need and filled it by beginning the Mammogram and Breast Cancer Fund. Now, ten years later, funds like this still don't exist at many medical centers throughout the country. Firelands Regional Medical Center is unique in so many ways: the patient assistance funds raised in this event are just one example of how patients come first. Throughout the years, *Fashion Week, Sandusky Style* has combined a high-style runway show with an impressive display of philanthropic support from generous community members, ensuring patients are always cared for in a dignified, holistic manner.

Grateful patients have told inspiring stories of enduring breast cancer with the support of donors who, literally, helped to save their lives. In some instances, patients in dire financial situations were given the chance to treat their cancer, because donated funds were there to cover the costs they could not bear on their own. These patients are mothers, daughters,

sisters, friends and even husbands, fathers and brothers. They are gainfully employed individuals, who can no longer work because of their diagnosis. They are people who have health insurance, but whose coverage does not extend to illnesses like cancer. They are people with health insurance, who still find that the out-of-pocket costs exceeding \$1,500 a month create an insurmountable burden for their families. They are people who haven't had a mammogram in years, because their insurance doesn't cover it or because they fear what the test may uncover. They are people who have put their families ahead of themselves, but who now must fight for their own lives in order to be healthy for their families. Each of these patients has a unique story and each has relied on the generosity and support of our community.

Throughout the years, care team members, physicians, board members and others have taken the runway in camaraderie with these patients. Donors have raised their paddles, donating hundreds of thousands of dollars in support of patients in need and in tribute to the exceptional work of their caregivers.





→ 2014 → 2015 → 2016 → 2017 → 2018

Now in its tenth year, this flagship event is poised to raise more than \$1 million in total for the health of our region. In an ode to the immense support *Fashion Week, Sandusky Style* has provided for patients, The Foundation for Firelands invites you to join us for the Grand Finale of Fashion Week. In its final year, this high-energy fundraiser will feature the “best of” the last ten years, while returning to its high-fashion roots. The evening’s entertainment is inspired by the fashion meccas of Paris, Milan, Shanghai and New York, celebrating beauty, art, cuisine and culture from each unique location.

This year, the runway show will feature jaw-dropping one-of-a-kind wearable art; repurposed clothing items that are given a second chance on our stage. This transformative fashion honors the beauty of breast cancer patients who have had their bodies and their

lives transformed by their diagnosis. It is through this reconstruction and transformation that so many patients find new purpose and joy in their lives. Join us for the final year of the fundraiser that has, indeed, transformed the lives of hundreds of patients in our community!



Community donations continue to transform patients’ lives!

Donors to The Foundation for Firelands provide life-changing support for patient assistance funds at Firelands Regional Medical Center. Every dollar donated to The Foundation for Firelands goes directly to help patients in their most vulnerable moments. Firelands is unique in so many ways: our patient assistance funds are one example of how we rely on community support to provide progressive, passionate and patient-centered care every day.

Since 2005, donors have contributed to enhancing all aspects of patient care at Firelands. In nearly every department and area of the medical center, you will see evidence of philanthropy. Donations have been used to purchase state-of-the-art equipment in the operating room, Heart Center, the Center for Breast Care, the Center for Women and Newborns, the Dialysis Center, the laboratory, radiation, imaging and many other areas.

Throughout the years, donors have helped to enhance the environment for patient care at Firelands through renovations to nearly every area of the medical center. These updates provide serene, calming environments that promote health and healing.

Donations have directly benefitted patients in need by providing assistance with items like prescription copays, surgical procedures, port placement, mammograms, medical transportation, therapies, reproductive services and other out-of-pocket costs associated with health challenges of all diagnoses.

To read more about how donations have helped transform the health of everyone in our region and to find out how you can be part of this life-changing philanthropic endeavor, visit: foundationforfirelands.com.



Helping Parkinson's Patients Regain and Maintain Speaking Abilities

The Speech-Language Pathology department at Firelands was awarded a grant through the Parkinson Voice Project to bring the SPEAK OUT!® and LOUD Crowd® programs to Firelands. SPEAK OUT!® programming will be provided as part of adult speech-therapy treatment sessions and helps patients strengthen the muscles used for speaking and swallowing and to teach patients how to speak with intent. The LOUD Crowd!® provides ongoing vocal practice, accountability, support, and encouragement and will be provided after a patient completes therapy.

For additional information please call Speech-Language Pathology at: 419-557-7040

Knitted Knockers for Mastectomy Patients

After undergoing a mastectomy, women can often find prosthetics that are commonly used can be very uncomfortable. The Knitted Knockers take the place of traditional prosthetics.

Made from soft yarn and stuffed with polyester filling, Knitted Knockers are adjustable – the amount of stuffing can be changed and there are different sizes that can be made to match the other breast. They are also washable by hand and are air dried.

Knitted Knockers are available by contacting Anne McGookey, director of volunteer services at Firelands, at 419-557-7460 or Mary Bauer, Center for Breast Care patient navigator, at 419-557-5240.



Access our Patient Portal on Your Smartphone

Download the mobile app **mHealth** (available in the Apple App Store and Google Play Store) and get secure, convenient access to your health information via your mobile device or tablet.



Recognize Your "Guardian Angel"

Now there's a way for patients of Firelands Regional Medical Center to recognize and pay tribute to a doctor, nurse practitioner, medical assistant, nurse, housekeeper, or other Firelands staff member who made a difference in their stay. The Guardian Angel Program gives patients the opportunity to write a note and/or make a tax deductible gift to the Foundation for Firelands on behalf of any team member who made their visit or stay at Firelands extraordinary.

When a grateful patient recognizes their physician, nurse, or Firelands team member, their "Guardian Angel" will receive a card informing him/her of the patient's appreciation. The Guardian Angel will also receive a lapel pin to wear proudly. Patients can choose to remain anonymous when recognizing their Guardian Angel, and a donation is not required for the Guardian Angel to be recognized with a lapel pin.

For more information, visit FoundationForFirelands.com.



Summer & Fall

Calendar of events



WOMEN & CHILDREN

BABY & ME CLASS

This fun and educational class will provide opportunity to engage your baby while experienced developmental therapists coach you through important aspects of development including tummy time, positioning, toy and equipment choice, sensory play, and early language development. This class is a collaboration between speech, occupational, and physical therapists from Firelands Regional Medical Center Children's S.P.O.T. and Early Intervention. **Cost: FREE**

For upcoming dates, please visit the Children's S.P.O.T section of firelands.com

BABYSITTING COURSE

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

Firelands South Campus
1912 Hayes Ave., Sandusky
8:30 am – 4 pm

Cost: \$65

■ Saturday, September 29

Please register online at:
firelands.com/classes-events

BREASTFEEDING BASICS

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

Firelands South Campus
1912 Hayes Ave., Sandusky
9:30 am – 12 pm

Cost: \$10

■ Saturday, August 4

■ Saturday, September 1

■ Saturday, October 20

■ Saturday, November 17

Please register online at:
firelands.com/classes-events

CHILDBIRTH EDUCATION

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

Firelands South Campus
1912 Hayes Ave., Sandusky

Cost: \$35

■ Friday & Saturday

July 27 & 28

6 – 9 pm & 9 am – 4 pm

■ Wednesday

August 8, 15, 22, 29

6 – 8:30 pm

■ Wednesday

September 5, 12, 19, 26

6 – 8:30 pm

■ Friday & Saturday

September 21 & 22

6 – 9 pm & 9 am – 4 pm

■ Wednesday

October 3, 10, 17, 24

6 – 8:30 pm

■ Tuesday

November 6, 13, 20, 27

6 – 8:30 pm

■ Friday & Saturday

December 7 & 8

6 – 9 pm & 9 am – 4 pm

Please register online at:

firelands.com/classes-events

CHILDBIRTH REFRESHER

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

Cost: \$10

Friday & Saturday Course:

Attend Saturday only, 9 am – 3 pm

Weekday Course:

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

Please register online at:

firelands.com/classes-events

HAPPIEST BABY ON THE BLOCK

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

Cost: FREE

Firelands South Campus

1912 Hayes Ave., Sandusky

■ Wednesday, July 18

6–8 pm

■ Tuesday, September 4

12:30–2:30 pm

■ Wednesday, November 7

6–8 pm

■ Wednesday, December 5

12:30–2:30 pm

Please register online at:

firelands.com/classes-events

Erie County Health Department

420 Superior St., Sandusky

■ Wednesday, October 10

12:30 – 2:30 pm

Call 419-626-5623 to register.

CPR FOR FAMILY & FRIENDS

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

Firelands South Campus

1912 Hayes Ave., Sandusky

9 am – 12 pm

Cost: \$10/person or \$15/couple

■ Saturday, August 25

■ Saturday, November 3

Please register online at:

firelands.com/classes-events

SIBLING COURSE

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

Firelands Main Campus

1111 Hayes Ave., Sandusky

10 – 11:30 am

Cost: \$10 per family

■ Saturday, December 1

Please register online at:

firelands.com/classes-events



STORK EXPRESS

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

Firelands Main Campus

1111 Hayes Ave., Sandusky

9–11 am

■ Saturday, July 14

■ Saturday, August 11

■ Saturday, September 8

■ Saturday, October 13

■ Saturday, November 10

■ Saturday, December 8

Please register online at:

firelands.com/classes-events



WOMEN & CHILDREN [Continued]

PEDIATRIC SPECIALTY CLINICS

Monthly specialty clinics for children, staffed by Board Certified Pediatric Specialists.

Firelands Firelands Main Campus
1912 Hayes Ave., Sandusky

Pediatric Cardiology Clinic
Claudine Whitfield, MD
Toledo ProMedica Hospital
Pediatric Cardiology Specialist

**Firelands South Campus
Outpatient Specialty Clinic**
1912 Hayes Ave., Sandusky

Pediatric Gastroenterology Clinic
Judy Splawski, MD
Sharon Perry, NP
Rainbow Babies & Children's Hospital
Pediatric Gastroenterology Specialist

Pediatric Neurology Clinic
Max Wiznitzer, MD
Kathy Maxwell, NP
Jennifer Waldron, MD
Rainbow Babies & Children's Hospital
Pediatric Neurology Specialist

Pediatric Orthopaedic Clinic
George Thompson, MD
Christine Hardesty, MD
Rainbow Babies & Children's Hospital
Pediatric Orthopaedic Specialists

Pediatric Physiatry Clinic
Douglas Henry, MD
Cleveland Clinic Children's Hospital
Pediatric Physiatry Specialist

Pediatric Pulmonology Clinic
Amy DiMarino, DO
Rainbow Babies & Children's Hospital
Benjamin Goldstein, MD
Toledo ProMedica Hospital
Pediatric Pulmonology Specialists

To schedule an appointment, please call:

- **Dr. Whitfield, Pediatric Cardiology Clinic & Dr. Goldstein Pediatric Pulmonology Clinic:** 419-557-7840
- **Dr. Henry, Pediatric Physiatry Clinic:** 216-448-6179
- **All Other Pediatric Clinics:** 1-800-377-3117
- **General Information Contact Tina May, NCMA** 419-557-6767



SCREENINGS

MORNING COFFEE

Free blood pressure and blood sugar screenings. Special 55+ Club rate. Fasting lipid profile for \$17.

Firelands South Campus
1912 Hayes Ave., Sandusky
■ **First Wednesday of every month**

FREE BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

Screenings are offered at various locations throughout Erie County. For a listing of dates and locations, please call 419-557-7410 or visit firelands.com.

FREE BREAST CANCER SCREENING

For the uninsured or underinsured. Screening will include a clinical breast exam, education on prevention and early detection, and screening mammogram if indicated.

Firelands Center for Breast Care
703 Tyler St., Suite 152, Sandusky
9 am – 12 pm
■ **Saturday, October 20**
Call 419-557-7840 to register.

HEALTH & WELLNESS SCREENINGS

Various screenings offered to community members for a low-cost fee. Cash or check only.

Costs:

- **Complete Blood Count with Metabolic & Lipid Panel – \$45**
(No eating or drinking for 12 hours – water allowed; Includes liver and kidney function studies, fasting blood sugar, thyroid, cholesterol, HDL/LDL and triglyceride levels.)
- **Hemoglobin A1C – \$25**
- **PSA – \$30**
- **Wednesday, August 15**
7:30 – 9:30 am
Office of Dr. Rousseau
7000 St. Rt. 113E, Berlin Heights
- **Saturday, September 15**
7 – 10 am
Firelands Main Campus
1111 Hayes Ave., Sandusky
- **Saturday, October 20**
7:30 – 9:30 am
Office of Kuns Family Medicine
101 S. Washington St., Castalia
- **Saturday, November 10**
7:30 – 9:30 am
Clyde Urgent Care
1470 W. McPherson Hwy., Clyde
- **Thursday, December 13**
7:30 – 9:30 am
Office of Dr. Rogers
1605 St. Rt. 60, Vermilion
Call 419-557-7840 to register.

EDUCATION

BASIC LIFE SUPPORT (BLS)

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

Firelands South Campus
1912 Hayes Avenue, Sandusky
Cost: \$55 includes textbook

8 – 11:30 am

- **Thursday, August 30**
- **Thursday, September 27**
- **Tuesday, October 9**
- **Tuesday, October 30**
- **Thursday, November 29**
- **Tuesday, December 11**

1 – 4:30 pm

- **Thursday, July 26**
- **Tuesday, August 7**
- **Wednesday, November 7**
- **Thursday, December 27**

Please register online at:
firelands.com/classes-events

FREEDOM FROM SMOKING

This 6-week program provides a supportive group environment and teaches a step-by-step method for changing behavior and quitting smoking for long-term freedom.

Firelands Main Campus
1111 Hayes Ave., Sandusky

6 pm **Cost: FREE**

- **Friday, August 10**
 - **Tuesday, October 9**
- Registration required by calling 419-557-6151 or emailing tobaccofree@firelands.com.



HEARTSAVER FIRST AID WITH CPR/AED

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

Firelands South Campus
1912 Hayes Avenue, Sandusky

Cost: May take each class separate for \$55 or as a combo for \$100; price includes textbook.

8 am – 1 pm

- **Wednesday, August 8**
- **Wednesday, September 12**
- **Wednesday, October 10**
- **Wednesday, November 14**
- **Wednesday, December 12**

Please register online at:
firelands.com/classes-events

MEDICAL TERMINOLOGY

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

Firelands South Campus
1912 Hayes Avenue, Sandusky
Cost: \$150 (includes materials)

- **Tuesdays & Thursdays**
November 1 – December 4
(No November 22 class)
5 – 7 pm

Call 419-557-6740 to register.



STOP THE BLEED

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

Firelands South Campus
1912 Hayes Avenue, Sandusky
1-2 pm

Cost: \$15; optional supplies will be offered for purchase during class.

- **Wednesday, August 8**
- **Wednesday, September 12**
- **Wednesday, October 10**
- **Wednesday, November 14**
- **Wednesday, December 12**

Please register online at:
firelands.com/classes-events

SUPPORT GROUPS

For a listing of support groups, please visit firelands.com or call 419-557-7410.

LUNCHEON CLUB

Sandusky Yacht Club

529 E. Water St., Sandusky
Buffet lunch: 11am – 12:30 pm
Presentation: 12:30 pm

Early reservations are recommended, calling 419-557-7840

or register online at firelands.com
Cost: \$18/person

(Includes tax/tip, cash or check only)

- **Wednesday, July 25**
Skin and Aging
Speaker: Tonia Copsey ANP-C
MSN CWOCN – Nurse Director,
Wound Care & Hyperbaric
Oxygen Program

The amazing protective shield, known as skin is easy to take for granted, but no matter who you are there will be noticeable changes as you age. Your skin is one of the few human organs you can visually see when there are problems or changes; learn what you can do to identify problems, and care and protect your skin; after all, it has protected you for years!

- **Wednesday, August 22**
Falling is Not a Normal
Part of Aging

Speaker: Elizabeth Wilson, PT
Approximately 1 in 4 older adults fall every year. Many people think falling is a normal part of aging, however, that is false. Most falls can be prevented – and you have the power to reduce your risks. Learn what you should be doing to stay on your feet.

- **Wednesday, September 26**
Speech and the Brain
Speaker: Cara Long M.A.,
CCC-SLP

Did you know your speech and swallowing can reflect how you are doing mentally and physically? Learn how Speech Therapy is intertwined with brain function, and can assist in improving and/or maintaining things such as thinking, memory, processing speed, organization, fluency and more.

- **Wednesday, October 24**
Common Problems that Bring
Adults to the ER
Speaker: Scott Campbell, MD
Director of Emergency Services

Join Dr. Campbell in a discussion about what often brings older adults to the Emergency Room. Learn how you might better recognize symptoms (or lack of symptoms) and distinguish between critical versus non-critical health indicators as you try to determine if you should visit your family physician, QuickCare, or go to the Emergency Room.

Early reservations are recommended and can be made by calling 419-557-7840 or online at firelands.com.

COMMUNITY EVENTS

1-Mile Walk & 5K Run

Benefitting our MS Patients

Firelands Regional Medical Center and Advanced Neurologic Associates are hosting an annual event to raise funds for Multiple Sclerosis (MS) patients in our local community. Funds raised will support patients throughout their battle with MS by assisting with transportation expenses to and from appointments, acupuncture and/or massage therapies, and gym memberships to maintain functional strength, just to name a few.

Shoreline Park

411 E. Water St., Sandusky

- **Sunday, September 9**

To register and for more information, visit firelands.com/mswalk

AUXILIARY/ GIFT SHOP SALES & EVENTS

BOOKS R FUN

Featuring a wide variety of new books at prices up to 70% off retail value.

Firelands South Campus
1912 Hayes Ave., Sandusky
■ **Thursday, October 9**
8:30 am – 3:30 pm

Firelands Main Campus
1111 Hayes Ave., Sandusky
■ **Tuesday, October 25**
8:30 am – 3:30 pm

OUT-OF-THE-BOX SHOE SALE

Shop the latest in shoes for healthcare workers or office workers. Brands include Born, Clarks, Crocs, Dansko, Reeboks, Skechers, and much more.

Firelands Main Campus
1111 Hayes Ave., Sandusky
■ **Tuesday November 8**
8 am -8 pm
■ **Friday, November 9**
8 am – 1 pm

MASQUERADE JEWELRY SALE

The latest trends in jewelry and accessories. All items are \$5.

Firelands Main Campus
1111 Hayes Ave., Sandusky
■ **Thursday, December 6**
8 am – 8 pm
■ **Friday, December 7**
8 am – 1 pm



Interested in joining the Firelands Auxiliary or volunteering in our Gift Shops? For more info call 419-557-5469.



Sweet Potato, Avocado & Black Bean Tacos

INGREDIENTS

- ¾ pound sweet potatoes, scrubbed and cut into ½” chunks
- 1 tbsp. olive oil
- 1 tsp. chili powder
- 1-15oz can No Added Salt Black Beans, drained and rinsed.
- ½ cup Salsa Verde
- 1 avocado, thinly sliced
- 8 corn tortillas
- ¼ cup crumbled part skim Cotija cheese
- Cilantro for garnish

DIRECTIONS

- Pre-heat oven to 450°F.
- In a bowl, toss sweet potato chunks with olive oil and chili powder.
- Arrange sweet potato on a large rimmed backing sheet and roast for 30 minutes.
- In a medium saucepan, combine black beans and Salsa Verde. Cook on medium heat until warm, stirring frequently.
- Assemble tacos with sweet potato and black beans. Top with sliced avocado, a sprinkling of Cotija cheese and cilantro.

Nutrition Information

Serving Size: 2 tacos

Calories	400 kcal
Total Fat	15 grams
Saturated Fat	3 grams
Monounsaturated Fat	4 grams
Polyunsaturated Fat	7 grams
Cholesterol	0 grams
Sodium	440 milligrams
Potassium	1020 milligrams
Phosphorus	400 milligrams
Carbohydrate	57 grams
Fiber	16 grams
Protein	12 grams