

SUMMER 2019

FEEL *Better*

with



CuddleCots Help
Grieving Families

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Saying Goodbye

The Abbey Rose Foundation gives
the gift of time to grieving families

CuddleCot is a
bassinet type of device
for helping parents who
suffer the loss of a baby
by giving them
the gift of time.

Welcoming a new addition into your family is often an exciting whirlwind of baby showers and nursery decorating as you plan to bring the newest little bundle of joy into your home. And like most new parents, you never want to even consider the small possibility of something going wrong.

In January, Jordan and Keri Manlet of Norwalk, were at the end of a relatively normal pregnancy with a little boy they had named Isaac.

“It was a normal pregnancy,” recalled Jordan. “[Keri] had gone in for a checkup the Friday before the scheduled induction and everything was fine. So then we went in Monday morning and while they were getting her set up I took our son, Carter, down to get some food. When we came back up there were six nurses in the room.”

“I kind of knew something wasn’t right,” said Keri. “They did an ultrasound and they couldn’t find the heartbeat. So we really didn’t know what had happened at that point.”

The Manlet family proceeded with the delivery and found that the umbilical cord had been wrapped around his foot twice. With the assistance of a recent donation, the family was able to spend as much time with their newborn as they needed to get to know their newborn son before saying goodbye.

In October of 2018, the Abbey Rose Foundation selected Firelands Regional Medical Center’s Center for Women & Newborns to be the recipient of a CuddleCot donation. The bassinet-looking device has been internationally recognized for helping parents who suffer the loss of a baby by giving them the gift of time. Time allows the family to form an important bond with their baby, from cherishing them with photographs to allowing other family members a chance to get to the hospital so they have the opportunity to grieve the life lost so young.



The Abbey Rose Foundation is a non-profit organization dedicated to aiding in the prevention of SIDS and providing hope and comfort for families grieving the loss of a child.

The Abbey Rose Foundation was created in loving memory of Abbey Rose Kudrin who passed away unexpectedly on April 8, 2011. Abbey's parents knew instantly that they wanted to help other parents who were grieving the tragic loss of a child.

Since the Abbey Rose Foundation was established in 2011, over 200 families have been touched through its inspirational approach. These families span the United States and Canada.

"It was nice having closure, just knowing what had happened, but it didn't make it any less painful," said Keri. "But having the time with him helped a lot. Just for us to be able to be with him for a while and for our family to come."

"Afterwards, I had read a couple of things about the CuddleCot," said Keri. "I didn't realize that if you don't have that, how quickly you have to say goodbye and for me, just thinking about if we didn't have that, how much harder it would have been."

Hospitals that are not fortunate enough to have a device like the CuddleCot, can only offer families a small window of time before the baby's condition begins to decline. With a design very similar to a bassinet, the cooling pads help to preserve the condition of the baby for as long as the family may need.

The CuddleCot has enabled grieving families to spend more time with their babies," said Jennifer Rickard, director of women and services. "We truly appreciate having received the CuddleCot which has been a definite benefit for our patients and families during a difficult loss." The Abbey Rose Foundation knows all too well the grief a family endures after the loss of a child. After the loss

of their own daughter, Abbey Rose, to SIDS, Sam and Suzi Kudrin started the foundation as a way "to aid in the prevention of SIDS and to provide hope and comfort for families grieving the loss of a child."

"One of the big things, when Abbey died, was it was all very rushed," recounted Suzi. "They picked an outfit out for her and took us back, but her [body had already begun to deteriorate], so no one else in our family got the chance to see her."

"If you can just have a few more moments, just so the family can go back there. Just a few more hours, it would have been really nice to have. So that's our hope, to be able to provide that to others."

Nothing will ever make the pain any easier, but the Manlet's express that the time they were able to spend with their little boy is what they are most grateful for.

"We are grateful to the Abbey Rose Foundation. Having that time just to hold him, be with him, and just get to know him," said Keri. "It was a blessing to be able to have that."

"It made a difference in our lives and I'm sure many others," expressed Jordan.

“Anyone can be a victim and a victim can look like anyone.”

Human Trafficking

WE’VE ALL HEARD OF IT, but how much do we really know about Human Trafficking? Is it really that serious?

According to the National Human Trafficking Hotline, in 2017 there were 8,759 cases of human trafficking that were called and texted in to them. This involved 10,615 individual victims, roughly 5,000 potential traffickers, and almost 1,700 trafficking businesses.

“It’s a multi-billion dollar criminal industry that denies freedom to 24.9 million people around the world,” their website states.

In that same year, the hotline received 1,133 calls and 365 human trafficking

cases reported from Ohio. Roughly 79% of those cases were sex trafficking involving adult, US citizen females. The majority of those calls (25%) came from community members, while only 17% of the calls came from victims.

Lara Wilken, MSN, RN, became passionate about human trafficking a few years ago when she took a Women’s Studies class. She began exploring the topic and attending trainings so that she could help educate others.

Lara said oftentimes people don’t think something like this could happen in our area.

“I’ve been doing research for eight years and people used to say, ‘Oh, that doesn’t happen here,’” she said. “But, Toledo, Ohio ranks in the top 5 in the United States for phone calls made to the National Human

Trafficking Hotline. A misconception of human trafficking is that it only occurs overseas; human trafficking happens everywhere.”

As Lara began her fight against human trafficking, she realized there wasn’t a lot of focus on the role of a healthcare provider. In fact, she said 88% of victims who have been recovered stated that they saw a healthcare worker during captivity.

“As a nurse, I see parts of patients’ lives that I don’t want to see; parts the patients don’t want me to see,” she said. “But it’s my job to look.”

In thinking about how the traffickers control the victims, it’s not uncommon for people to think that the trafficker doesn’t care about the victim’s health. However, that’s far from the case, Lara indicated.

“Traffickers want to keep the victims healthy,” she said. “If they aren’t healthy, they aren’t making the traffickers money; therefore they will seek medical treatment.”

In October 2019, the American Hospital Association will be releasing diagnostic codes for forced labor and sexual exploitation to the coding system used in the medical profession to identify various health diagnoses.

Lara is now pursuing a doctorate in nursing and Firelands Regional Medical Center is her chosen clinical site where she is working on implementing human trafficking policies and procedures for patients who present to the

emergency room and is in the process of having her human trafficking algorithm trademarked.

Bill Turton, director of emergency services for Firelands, said Lara has been helpful in educating all emergency room staff in identifying victims of both sex and labor trafficking.

“Because of the education, we have awareness now and the indicators to identify possible human trafficking victims,” said Turton. “The development of algorithms and policies for staff to follow is important in the case we do identify a victim to get them help.”

Lara said one thing she’s learned throughout her research is anyone can be a victim and a victim can look like anyone. The reality is that many times individuals are coerced into this life, not forced. We have to look past issues of addiction and prostitution and truly see the people we’re treating.

In addition to her work with Firelands, Lara is the co-chair and medical liaison for the Erie County Human Trafficking Task Force and does various speaking and educational presentations around the state.

“I became a nurse initially to help save lives. Ultimately, I want to save people,” she said. “That’s why I do this.”



Senator Theresa Gavarone (center) recently visited Firelands and met with (from left) Alice Springer, director of development; Lara Wilken; and Jeremy Normington-Slay, president & CEO to discuss human trafficking.



Across the Border

Dr. David Mueller shares his knowledge & skill with medical students in South America

TO CHOOSE A CAREER WORKING LONG HOURS, putting the needs of other's before your own, can be seen as a selfless task, but to fly hundreds of miles away from family and friends to a foreign country to help educate medical trainees is an entirely different level. David P. Mueller, DO, anesthesiologist on the medical staff at Firelands, wasn't thinking about the recognition when he decided to book a trip to Paraguay, but the value of the knowledge he could pass on to the medical residents at the University of Asunción Hospital. Dr. Mueller is no stranger to the South American country, having spent two years living there while doing mission work for the Church of Jesus Christ of Latter-day Saints.

"I was able to go back after 17 years and see how everything had changed. Honestly, my favorite part was meeting up with people from back then and catching up," recounted Dr. Mueller. "I lived in nine different places in Paraguay during my mission work—all over the southern part of the country. So I was able to do a big road tour this past visit."

During the first week of the trip, Dr. Mueller dedicated time to the University of Asunción and their teaching hospital, hoping to provide knowledge and training on how specific anesthesia procedures are done here in the

United States. Paraguay is a small country located in the heart of South America, bordering Argentina, Bolivia, and Brazil. According to the Pan American Health Organization, primary health care is particularly important, but that system currently covers less than 30% of the population.

"I'd go in the morning and hang out with each resident who was assigned their own room," said Dr. Mueller. "I tried to make sure I worked alongside each of them and had a conversation, trying to teach about how we do things here versus how they do things there. We'd talk about medicine in general in different countries and all kinds of stuff. Kind of like how we work with the medical students here at Firelands."

During his time at the teaching hospital, Dr. Mueller estimates he was able to spend time talking with and educating somewhere between 15 to 20 residents. The teaching hospital at the University of Asunción has 10 to 12 operating rooms in which they are able to perform transplants and other advanced procedures. However, the hospital does have its limitations.

"Their resources for doing these things are unbelievably limited," expressed Dr. Mueller. "One of our main induction drugs here in the

Dr. Mueller provided knowledge and training on how specific anesthesia procedures are done here in the United States.

U.S. is Propofol. We go through vials and vials every day. In Paraguay, each resident got a drug box at the start of the day with two little vials of Propofol that, for us, would last two people. They would try to make it last and if they couldn't, they would use Thiofentanyl which you can't even get in the U.S. anymore."

"As far as muscle relaxers—they don't have any of the ones we use here. They have an old medication that, I think, was used back in the 70s and 80s and stopped because of histaminic reactions. But that's all they have to use."

But what these residents lack in resources, they make up for with hard work and knowledge.

"I was impressed," said Dr. Mueller. "They absolutely know their stuff, but have very, very limited resources."

After assisting the learning hospital, Dr. Mueller had the opportunity to give a lecture titled "Reducing the Consumption of Opioids in the Postoperative Period and Regional Blocks" which was well attended by area anesthesiologists.

"I hope to make it a semi-regular thing," expressed Dr. Mueller. "It's a big expensive trip so maybe not every year, but maybe every other year because it was very rewarding just to give back and be able to try to help in some way."





FIRELANDS Virtual Care



AT FIRELANDS REGIONAL HEALTH SYSTEM, we are always looking for ways to help you and your family feel better. Whether that is through shorter wait times, quicker visits at one of our Urgent Cares, providing compassionate care during your treatment and recovery, or matching you with a primary care provider that fits your health care needs. No matter what it is, you are always our reason. That's why we are happy to announce that we have another convenient way for you to receive care. Through our Firelands Virtual Care app or by visiting [FirelandsVirtualCare.com](https://www.firelandsvirtualcare.com), you can now visit a provider in real-time, from anywhere, through your phone, tablet or computer.

Firelands Virtual Care is considered a form of telehealth. Maybe you have heard of this type of healthcare before, or maybe not? Either way, we want to help answer some of the most common questions people have about using a tool like this.

Here are the top things to know about online doctor visits through Firelands Virtual Care:

1) It's safe: Firelands Virtual Care is a private, secure, HIPAA-compliant tool that allows you to safely and confidentially meet with a medical provider. Our security and privacy program is built to the highest of standards and has passed extensive federal security audits, so you can rest assured knowing your personal medical information is in safe hands.

2) It's convenient: Providers on Firelands Virtual Care are available seven days a week, 24 hours a day to care for you virtually.

3) It maintains your complete medical record: One of the benefits of having our own virtual care platform is the ability to

communicate your visit summary information to your primary care provider. This avoids fragmentation of your medical record and allows Firelands Regional Health System to provide better care for you in coordination with your primary care provider. All patients will also receive a copy of their visit summary electronically after their visit.

4) Firelands Virtual Care can treat common minor illnesses: Minor illnesses include allergies (seasonal), common cold, cough, diarrhea, earache, fever, influenza (flu), minor burns, rashes, minor skin infections, nausea/vomiting, sinus infections, sore throat, sprains and strains, sunburn, upper respiratory illness, urinary tract infections, adult yeast infections, and pink eye.

5) Firelands Virtual Care is not for emergencies: While Virtual Care can treat common conditions, it should not be a substitute for in-person care when it comes to serious or life-threatening conditions, suicidal thoughts, or substance abuse. If you are experiencing severe symptoms or have a serious medical concern, it's important to go to the emergency room or call 911.

6) Medication can be prescribed via Virtual Care: Providers on Firelands Virtual Care can prescribe medication when they deem it medically appropriate. However, there are some restrictions.

7) Firelands Virtual Care doctors can provide medical forms: Whether you need a sick slip, or back to work/school documents, Firelands Virtual Care providers can complete these as medically appropriate.

8) It's available with or without insurance: The cost to use the service is \$54. However, if you do have health insurance, this cost could be less depending on your plan and provider.

Jim Spicer, vice president, operations, commented on the advantages of having a tool like Firelands Virtual Care, "Providing an online, on-demand healthcare service aimed at improving access and convenience is something we have wanted to accomplish for our community. Giving our patients this unique care option allows them the freedom to control their health, on their terms and time. Another key advantage of using Firelands Virtual Care is that patient records for each visit are sent directly to their primary care providers. This allows us to maintain the high level of care that we strive to provide each day."

Denao Ruttino, vice president, operations and CIO, continued, "As a not-for-profit health system, we are here only to serve the community. Telemedicine is one of the ways we can do this. Firelands Virtual Care will combine some of our strengths, great providers and staff, and the right technologies. We are excited to lead the area in delivering healthcare that is on your terms."

Download the app today

You can download the Firelands Virtual Care app for free using the Apple or Android App Store. Simply search "Firelands Virtual Care" and you will see our icon with our signature leaf logo. Once installed, you will need to create an account. After this is complete, you can start using Firelands Virtual Care for all your non-emergent needs. Care is just a click away!

If you have any other questions or concerns, please call or email the American Well support team at 877-827-6958 or firelandsvirtualcare@americanwell.com. You can also visit [firelandsvirtualcare.com](https://www.firelandsvirtualcare.com).

medicine with a smile

YOU'VE HEARD THE OLD SAYING "laughter is the best medicine," right?

According to Nimrod Eisenberg of the Dream Doctor Project out of Israel, laughter is the best way to take medicine

This Spring, Eisenberg came to Firelands Regional Medical Center to arm staff with tools to use humor to help relax patients in appropriate situations.

Eisenberg, who grew up in Israel with a father who was an internist and a mother who was a midwife, said he understands how people who work in a hospital can often feel. Clinical staff are working long shifts and they deal with stressful situations daily.

"We want to give medical staff the basic communication tools that will provide positive contact in times of trouble," Eisenberg stated. "How can we find the right ways to address the situation and bring joy? We need to know how the patients feel and also how the staff feels. That's very critical."

Eisenberg said he teaches techniques and methods that bring out people's creativity in different ways.

"People are very creative, especially those who choose to work in healthcare," he said. "They have something inside of them they want to give."

He continued: "Smiles are contagious. It may not be the patient directly, but the family. We need to think, 'where can I produce a smile that will live on?'. Your reaction in times of stress can help build the trust of your patients."

While at Firelands, Eisenberg worked on facial expressions, body language, emotional contact, improv, play on words, and how to use hospital equipment in new and entertaining ways.

"I want to show people they can be funny and not have to use jokes," he said. "People get embarrassed, but embarrassment can be beautiful and I don't want to eliminate it. I like to play with embarrassment and bring it out through characters and create a positive experience."

Bill Turton, director of emergency services at Firelands Regional Medical Center said he felt the training was helpful, especially given



the extreme stress some of his patients and staff can be under.

"I've used the techniques I learned with patients," he said. "I've also used humor with staff as well, and my hopes are to relieve some stress and increase morale."

Bringing Eisenberg to Firelands was the idea of Vika Ioffe, MD, pediatric hospitalist with Firelands who often travels to Israel and works side-by-side with people like Eisenberg in a pediatric hospital there. In Israel, people like Eisenberg are known as medical clowns and are an integral part of the care team, not just for children but for adults as well. Dream Doctors work in 29 hospitals across Israel in more than 30 different departments, such as oncology, the Emergency Room, surgery, autism clinics, maternity wards and the neonatal intensive care unit (NICU).

"This takes medicine to a different level," she said of incorporating this communication tool. "The way you talk to a patient is half of the medical treatment. You still need evidence-based medicine, but it doesn't hurt to have a smile on your face."



• 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

Venkat Yalamanchili, MD
 Vascular Surgery

Kanika Ahuja, MD
 Adult Hospitalist

Abdelrahman Abdelaziz, MD
 Psychiatry

Anoop Gurram, MD
 Adult Hospitalist

• 2019
New Physicians

Adeyemi Marcus, MD
 Psychiatry

Jared Lizzi, MD
 Emergency Services

How Does Firelands Regional Health System Care for Our Community?

Local Economic Impact in the Local Communities:

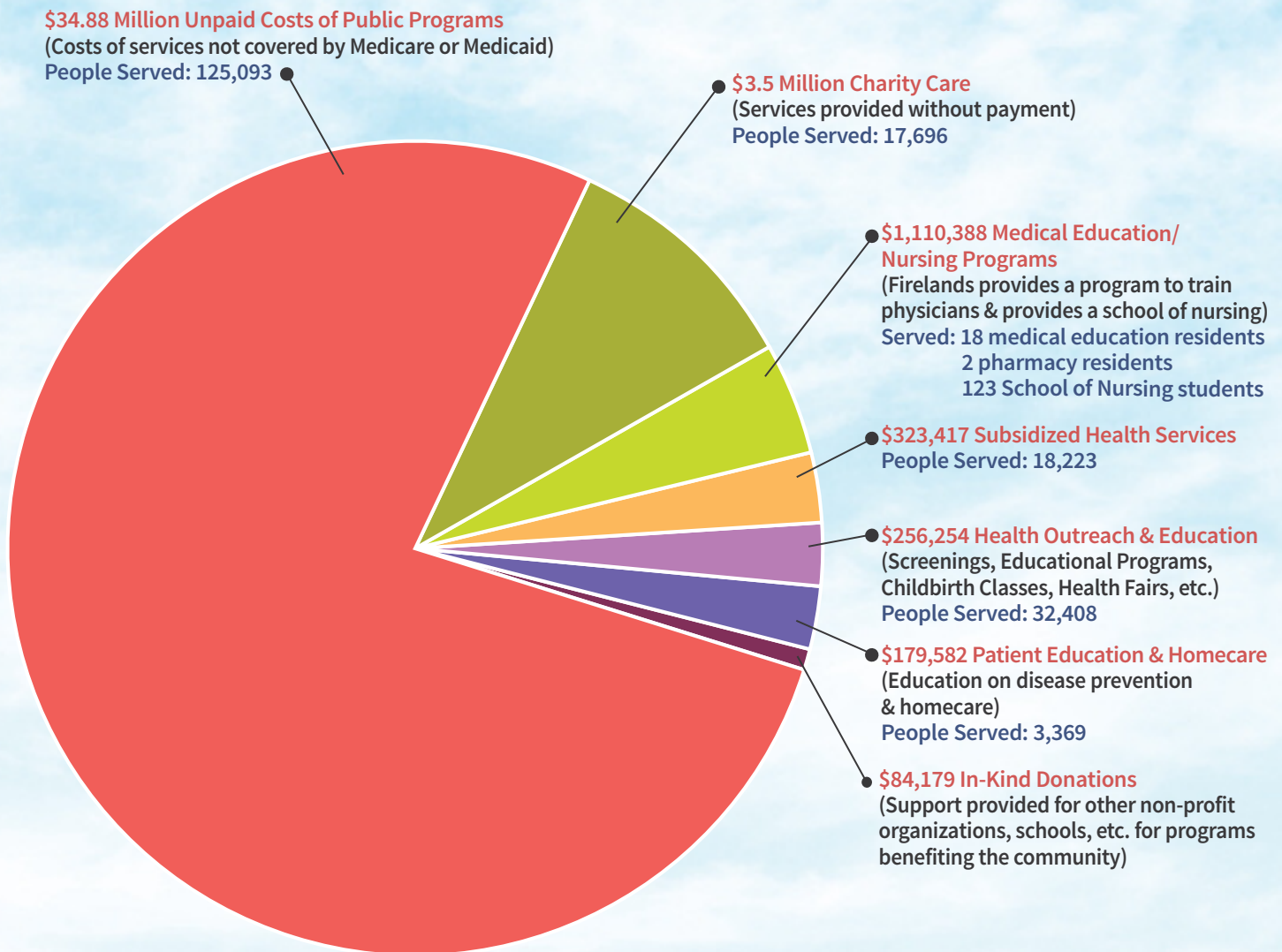
- **2,488 individuals employed** in the Firelands Regional Health System, providing quality jobs in our community
- **298 Medical staff members** representing over 35 different areas of specialty to keep your healthcare close to home. Medical staff members include Active Members, Courtesy/Consulting, Honorary/Emeritus, and Contracted medical staff
- **69 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.
- **\$1.76 million paid** by Firelands employees in city and school payroll taxes which flow back into and support our community
- **\$20.08 million of goods and services** purchased from local companies to support other local organizations to help keep them in business

2018 Service to the Community:

- **9,931 individuals served** as inpatients in the hospital, providing care to you and your family in times of sickness and injury
- **275,588 visits for outpatient services**, providing the latest in technology to improve the lives of you and your family
- **68,836 emergency room and Urgent Care visits** providing multiple levels of emergency and urgent care services for major and minor injuries and illness
- **178,182 patient office visits** provided by Firelands Physician Group, providing primary care and specialty care services for health prevention and wellness
- **802 births**, providing a caring and comforting environment for you and your newest family member

FIRELANDS REGIONAL MEDICAL CENTER 2018 Community Benefit

\$40.34 Million with 196,789 people served



Firelands Regional Medical Center covered an additional \$2.38 Million in bad debt expenses (actual cost) for which no monies were received for services rendered. Net community benefit represented 16.4% of total hospital expenses.

The Foundation for Firelands Hosts 9th Annual "Caddyshack" Open Golf Outing & Comedy Night



\$112,000
RAISED!



A Hole-in-One for Patient Care

THANK YOU TO EVERYONE who participated in The "Caddyshack" Open and Comedy Night this past June!

The two-day charity event was a success, netting more than \$112,000 to enhance patient care services at Firelands Regional Health System.

Over 200 generous supporters belly-laughed at Comedy Night to the comedic antics of Jason Lawhead, Jeff Caldwell, and Pat McGann. Donors made gifts that night to help make a difference in the health of our community. The very next day, 152 eager golfers flooded the Plum Brook Country Club Golf Course and teed off to support patients fighting cancer at The "Caddyshack" Open.

Thank you to the many sponsors who generously contributed to the cause and a huge thank you to the main event sponsors: Key Bank, McDonald's Siegfried Enterprises, Dr. Amy & JJ Reese, American Colors, along with Ultimate Software, Firelands Regional Medical Center Auxiliary, Tusing Builders & Roofing Services, S.E.I. and Peter Glennon, and Dr. Steven & Melanie Benedict.

If you weren't able to make it to this event but would still like to help, please visit FoundationForFirelands.com to make a secure donation online.





Did you know?

Without donors who care about the health of our community, funds would not be available to help cancer patients who are too sick to work, like Berton.

Every year, donors help patients receive life-changing care by providing gifts to The Foundation for Firelands Cancer Program Fund, the most widely-used fund in the Medical Center. This fund purchases medications, essential items, therapies, transportation and other services for local cancer patients in need.

Your willingness to help cancer patients in our community weather this crisis in their lives truly makes all the difference. These gifts, no matter if they are \$1 or \$1 million, make a difference for patients and their families.

YOU can make that difference by making a gift of any size to The Foundation for Firelands.

Simply enclose your gift in the remittance envelope provided and send it to The Foundation for Firelands.

We can't wait to show you how much your gift means to patients and families like Berton and his family. Thank you!

Your Generous Gifts Bring Hope & Healing

BERTON CHANDLER'S STORY is one of healing, hope, and thanksgiving to donors and the caregivers who helped him get through the unthinkable.

In January of this year Berton was diagnosed with esophageal cancer. Running from your throat to your stomach, your esophagus helps move the food you swallow to your stomach.

Berton's treatment included radiation and chemotherapy, but in order to eliminate the cancer, doctors had to remove part of his esophagus along with part of his tongue. Unable to communicate for months, Berton was in severe pain and shock.

We often talk about supporting patients through treatment and prescriptions, but Berton's need was different. Berton had insurance, but because he was too sick to work, he had no money to pay his rent.

Your donations paid Berton's rent for two months while he battled cancer. On April 2, 2019, he "rang the gong" declaring that he is now cancer free! The help he received from donors meant the world to Berton. It meant that he could stay in his home and focus on fighting cancer and healing.

Throughout the year, there are hundreds of people who receive support from your generosity. On behalf of those patients you selflessly help we want to say **THANK YOU!**



Volunteers Needed

Patient & Guest Relations:

Volunteers assist staff on nursing floors by offering assistance with nonmedical needs.

Gift Shops: The Firelands Auxiliary manages three gift shops and needs volunteers as cashiers, salespersons, for stocking and data entry.

Information Desk: Volunteers are essential at the information desk as they assist patients and visitors, deliver flowers and mail, and help transport guests.

Clerical Assistance & Special Projects: Volunteers are needed to help departments with typing, filing, data entry and phone reception services. Special projects and events are often staffed by volunteer assistance.

Department Assistance: Many departments find volunteers beneficial. Pharmacy, dietary, physical therapy, and central scheduling are just a few who benefit from volunteers.

Hands & Hearts from Home: Volunteers are needed in providing handmade items such as hats, gloves, scarves, blankets and post-surgical pillows as well as providing donations of current magazines, puzzle books and other reading material



Community members today have many opportunities to volunteer in addition to their busy schedules of work, travel, education, parenting and grand-parenting. The sheer variety and volume of potential agencies, organizations and causes can make the choices overwhelming. Statistics show that the baby boom and millennial generations are the next wave of potential volunteers in communities worldwide and also the most selective in terms of how to spend their discretionary time and talent. Looking for challenging and meaningful work, yet flexible schedules has become the standard requirement for these individuals and groups.

Firelands Regional Medical Center prides itself in offering a wide variety of volunteer opportunities to fit almost every schedule as well as personal and professional challenges. From clerical to retail to patient care settings, potential volunteers at Firelands can select from a variety of openings with the ability to schedule the most flexible days and times to fit their busy lives.

There are volunteer positions in more than 30 different areas of our healthcare system including our many off-campus offices and facilities. While there are many traditional opportunities such as the Information Desk, Gift Shop and Emergency Room assistance, new positions are developed frequently.

If you are looking for challenging volunteer opportunities with a flexible schedule, please consider Firelands Regional Medical Center. Visit our website, call Volunteer Services at 419-557-7460 or email mcgooka@firelands.com

Calendar of Events

WOMEN & CHILDREN

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 28

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, September 7

■ Saturday, October 19

■ Saturday, November 16

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

■ Wednesdays

September 4, 11, 18, 25

6–8:30 pm

■ Friday & Saturday

September 20 & 21

6–9 pm and 9 am–4 pm

■ Wednesdays

October 2, 9, 16, 23

6–8:30 pm

■ Tuesdays

November 5, 12, 19, 26

6–8:30 pm

■ Friday & Saturday

December 6 & 7

6–9 pm and 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

■ Tuesday, September 3

12:30–2:30 pm

■ Wednesday, November 6

6–8 pm

■ Wednesday, December 4

12:30–2:30 pm

Please register online at:

firelands.com/classes-events

Erie County Health Department

420 Superior Street, Sandusky

■ Wednesday, October 9

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

Cost: \$10/person

9 am–12 pm

■ Saturday, November 2

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 7

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, September 14

■ Saturday, October 12

■ Saturday, November 9

■ Saturday, December 14

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 Main Campus

1111 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
Rainbow Babies & Children's Hospital
Pediatric Neurology Specialist

Pediatric Orthopedic Clinic

Christine Hardesty, MD
Rainbow Babies & Children's Hospital
Pediatric Orthopedic Specialist

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
Pediatric Pulmonology Specialist

Benjamin Goldstein, MD
Toledo ProMedica Hospital
Pediatric Pulmonology Specialist

Pediatric Rheumatology Clinic

Reut Zeft, DO
Cleveland Clinic Children's Hospital
Pediatric Rheumatology Specialist

For 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
- **Dr. Zeft, Pediatric Rheumatology Clinic:** 216-444-8950
- **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 8–9:30 am**

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.

HEALTH & WELLNESS SCREENINGS

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

Costs:

Complete Blood Count with Metabolic & Lipid Panel—\$45
(No eating or drinking for 12 hours, water allowed.)

Hemoglobin A1C — \$25

PSA — \$30

TSH — \$25

Vitamin D — \$35

Dates:

- **Saturday, September 14**

7:00–9:30 am

Firelands Main Campus
1111 Hayes Ave., Sandusky

- **Saturday, October 19**

7:30–9:30 am

Office of Kuns Family Medicine
101 South Washington, Castalia

- **Saturday, November 9**

7:30–9:30 am

Clyde Urgent Care
1470 W. McPherson Hwy, Clyde

Must pre-register for all lab work. Call 419-557-7840 to register.

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.

Center for Breast Care

703 Tyler St, Suite 152, Sandusky

- **Saturday, October 12**

9 am–12 pm

Register: 419-557-7840



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

- **Wednesday, September 25**

■ **Tuesday, October 15**

■ **Tuesday, November 26**

■ **Tuesday, December 3**

■ **Wednesday, December 18**

1 – 4:30 pm

■ **Tuesday, September 10**

■ **Wednesday, October 30**

■ **Monday, November 4**

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

Cost: FREE

6 pm

- **October 8–November 12**

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 separately for \$55 or as a combo for \$100; price includes textbook.

8 am – 1 pm

- **Wednesday, September 11**

■ **Wednesday, October 9**

■ **Wednesday, November 13**

■ **Wednesday, December 11**

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

1–2 pm

Cost: \$150 (includes materials)

- **Mondays & Wednesdays**

October 28–November 25

Please register online at:

firelands.com/classes-events



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, September 11**

■ **Wednesday, November 13**

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



COMMUNITY EVENTS & PRESENTATIONS

LUNCHEON CLUB

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

Cost: \$18/person
(Includes tax/tip, cash or check only)

■ **Wednesday, August 28**

For the Record

Speaker:

**Nicole Houseman,
Patient Portal Coordinator
and Sara Massello, HIPAA
Privacy Officer**

During the first decade of 2000 there was a federal call for an industry-wide adoption of electronic health record systems by 2014. Many question why, and if this technology of record keeping is good or bad? One answer is clear; the EMR is here to stay. Put yourself at an advantage, listen to this program and better understand electronic medical records, and how to access and navigate your medical record.

■ **Wednesday, September 25**
Sizing Up Footwear

Speaker:

Martin Lesnak, DPM, podiatrist

Shoes can help foot problems, or contribute to foot problems. The wrong shoes can cause many orthopedic problems and discomfort. Many foot ailments can be avoided by selecting a proper, high-quality, well-fitted shoe. Be your own best foot care advocate, and learn how to “size-up” shoes to keep your feet healthy and happy. Put your best foot forward and listen to podiatrist, Dr. Lesnak about what you should know before buying your next pair of shoes.

■ **Wednesday, October 23**

Virtual Healthcare

Speakers:

Jim Spicer, vice president of operations; Denao Ruttino, vice president of operations & chief information officer; and Dana Easterwood, nurse practitioner

It's a blustery winter day; you have a sore throat and fever, and feel lousy. Wouldn't it be nice to stay in the comfort of your home, and have the healthcare provider come to you? People of all ages access a variety of goods and services through the internet. Why not take advantage of technology to access quick, convenient healthcare, eliminating travel for non-urgent health problems? Don't miss this interesting discussion with a panel of experts on this progressive topic about the new era of healthcare.

Early reservations are recommended. Visit the Calendar & Events section on firelands.com or call 419-557-7840.



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 Avenue, Sandusky

■ **Tuesday, October 8**
7 am – 4 pm

Firelands Main Campus
1111 Hayes Ave., Sandusky

■ **Thursday, October 24**
7 am – 4 pm

OUT-OF-THE-BOX SHOE SALE

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

Firelands Main Campus
1111 Hayes Ave., Sandusky

■ **Thursday, November 7**
8 am–8 pm

■ **Friday, November 8**
8 am–1 pm

FRIENDS & FAMILY EVENT

Enjoy 30% off items in our gift shops!

■ **Friday & Saturday,**
December 6 & 7

Firelands Main Campus
1111 Hayes Ave., Sandusky

Firelands South Campus
1912 Hayes Avenue, Sandusky

MASQUERADE JEWELRY SALE

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

Firelands Main Campus
1111 Hayes Ave., Sandusky

■ **Wednesday, December 11 &
Thursday, December 12**
8 am–8 pm

■ **Friday, December 13**
8 am–1 pm

**Interested in joining
the Firelands Auxiliary
or volunteering in our
Gift Shops?**

**For more info call
419-557-5469.**



Summer Couscous Salad

Total Time: 35 minutes • **Active Time: 15 minutes** • **Makes Approximately 6 cups**

INGREDIENTS

- 1 cup pearl couscous
- 1 small red onion, cut into thin rings
- ¼ cup olive oil
- Dash salt
- Freshly ground black pepper
- 1 medium zucchini, cut into strips
- ¼ cup lemon juice
- 2 tablespoons fresh parsley
- 1 teaspoon white wine vinegar
- 1 cup arugula, torn into small pieces
- 8 ounce package goat cheese, chilled and crumbled



Nutrition Analysis per Serving

Serving Size: ½ cup

Calories	160 calories
Fat	10 grams
Saturated Fat	5 grams
Mono Unsaturated Fat	5 grams
Cholesterol	15 grams
Sodium	100 milligrams
Potassium	120 milligrams
Phosphorus	90 milligrams
Carbohydrate	12 grams
Fiber	0 grams
Protein	6 grams

Nutrition Information compiled from the USDA's Food Data Central for standard reference, accessed 06/03/19.

DIRECTIONS

1. Cook the couscous according to package instructions and set aside in a large bowl.
2. Preheat the oven broiler.
3. In a medium size skillet, add 2 tablespoons olive oil and thinly sliced onion. Cook on the stove top, over medium heat until onions are caramelized.
4. Line a baking sheet with parchment paper. Place the zucchini on the baking sheet and drizzle with remaining 2 tablespoons of olive oil. Season with a dash of salt and freshly ground black pepper. Place under the broiler for approximately 5 minutes or until cooked throughout and slightly charred.
5. Add cooked zucchini and cooked onions to the couscous.
6. Add the lemon juice, parsley, white wine vinegar, arugula and goat cheese. Use a spoon to gently combine. Serve warm.

