

SPRING 2020

FEEL *Better*

with



New!
Lee C. Jewett Sports
Medicine Center
Page 2

Cody Thompson
Page 5

RISE Program
Page 8



On January 13, 2020, a crowd gathered for the ribbon cutting of a monumental community project. After 18 months of construction, Lee C. and Sandra Jewett, as well as Firelands Regional Health System staff, cut the ribbon to the Lee C. Jewett Sports Medicine Center. The 25,000-square-foot facility houses adult physical therapy, occupational therapy, speech-language pathology, athletic training, as well as multidisciplinary and integrated programs.

For Shelly Jordan, PT, Cert. MDT, CWCE, director of physical and occupational therapy, and her team of therapists, this project has been particularly exciting. “We are so excited

and honored to have this amazing department. We would like to thank Mr. Jewett for his generous donation that allows us to create and implement new programs to better serve our community.”

Walking through the facilities capabilities, Matthew Hamlin, PT, ATC, CWCE, STMT-1, TPI, gave the marketing department the details about the Lee C. Jewett Sports Medicine Center.

Physical Therapy Gym

The gym is divided into two main areas; cardio and controlled weight machines. In the controlled weight machine area, patients will find numerous specified equipment and specifically two shuttle recovery machines.

“The shuttle allows for the patient to perform early jump training without their full weight,” stated Hamlin. “We can lay them on their back, put 25 pounds on the machine and have them work on jumping and landing. This allows those interactions with the ground to develop their proprioception and strength

training early on versus waiting four to five months until they’re fully developed. Now we can do those things earlier so they develop more naturally.”

Running down the center of the area is a blue and white track surface next to a lush, bright green turf flooring area. Knee and hamstring injury patients will be able to work on ballistic movements like starts and stops, where they’ll be able to work at a pace they’re comfortable with. The two vastly different flooring surfaces offer opportunities for balance testing and conditioning as well.

“From a therapy aspect, the patient can perform a balance test on the lines of the track then transition to the turf,” said Hamlin. “That’s one of the toughest things for people to do balance-wise; to walk on an unsteady surface similar to outdoor surfaces. Our patients have the opportunity to rehab on these challenging surfaces that they will encounter in everyday activities. This is one of many examples not focused on sports enhancement.



Pool & Water Therapy

Here patients will find an impressive state-of-the-art 92-degree SwimEx therapeutic pool with an underwater treadmill. This 4-foot deep pool is multifaceted with easily removable floor grates allowing for 5 and 6 feet deep wells when needed.

“Patients can be unweighted—we can put a vest or belt on them and completely decompress their back, knees, or whatever we need to,” explained Hamlin. A motorized paddle wheel creates an adjustable current that is used on low to help maintain posture and balance while walking or cranked up to create an endless pool for swim training.

Accompanying the SwimEx is a hot and cold plunge pool which is ideal for contrast baths for athletes. The cold plunge pool has a water temperature of around 50 degrees and 100-plus degrees for the hot plunge.

Sports Performance Enhancement Programs

Athletic Performance Screening is one of the numerous programs to help develop athletes and prevent injuries. A certified strength and conditioning specialist utilizes research-grade force plate and SPARTA systems software to document, analyze, critique, and improve athletic performance.

For athletes looking to improve their “40” time and overall speed, the Running Motion Analysis is a great place to start.

Reflexion Reaction Time Training is a program used to sharpen peripheral vision, reaction time, and quick decision making.

Golf Fitness & Analysis Program

The golf program offers physical screening, motion capture, swing analysis, and exercise prescription. “Patients will complete a physical screen performed by a TPI certified therapist to identify physical limitations with the golfer that would preclude them from performing an efficient swing,” said Hamlin. “Additional video analysis of the client’s golf swing will

be interpreted by a local golf coach, and then specific exercises and drills will be prescribed in order to decrease physical limitations, improving swing plane and increasing efficiency within the golf swing.”





This will allow golfers of all skill levels and physical capability to improve their game, work with their limitations, and ultimately enjoy more golf.

Examination & Treatment

In the new center, there are four private physical therapy exam rooms to ensure a confidential interaction between the patient and the provider. Down from the exam rooms is an evaluation and modality area with an adjacent provider charting area to allow providers to efficiently document progression while supervising their patients. Further along the hallway is a large 10-bay modality



area, which allows for electrostimulation, cold packs, cold compression, and ultrasound as well as cervical and lumbar traction.

The occupational therapy department has a dedicated bathroom, kitchen, and laundry area that allows patients to develop daily living skills in a safe environment with supervision.

In the occupational therapy gym, patients will find one of the newest and coolest investments in the department—the STI SIM Driving Simulator.

The STI SIM Driving Simulator can assist therapists in making decisions on when patients are safe to return to driving. The simulator has a stock GM steering wheel, brake, and gas pedals along with over 190 different driving scenarios that a patient can complete. Driving conditions can be modified from easy, moderate to hard, and data is collected regarding speed, crossing the midline, along with correct stopping/braking.

The speech-language pathology department continues to offer comprehensive assessment and treatment services to individuals experiencing a variety of speech, language, voice, fluency, cognitive, and swallowing disorders. Speech therapy treatment programs use specialized instruments and assessment

methods to analyze and diagnose the nature and severity of impairments, including swallowing disorders. The move to the new center allows dedicated space for cutting-edge evaluation of swallowing using Fiberoptic Endoscopic Evaluation of Swallowing (FEES). FEES uses flexible endoscopy to visualize swallow function in an outpatient setting.

In addition, the speech therapy treatment space features a soundproof room that will eliminate outside distractions, creating an ideal environment for stroke and head injury patient rehab where concentration is extremely important.

“There’s a lot to offer to the community here that you’re not going to find anywhere between Toledo and Cleveland,” said Hamlin. “If you wanted to do specific sports performance activities, you would have had to go east or west, but now you can get set up on a program and stay home, which is pretty cool.”

**The Firelands Regional Health System
Lee C. Jewett Sports Medicine Center is
located at 2801 Cleveland Road in Sandusky.
For more information on available services,
call 419-557-7040.**

Cody Thompson

Local talent at a local facility.



As a native from Huron, Ohio, Cody Thompson enjoyed athletics. He played baseball, basketball, and absolutely loved playing football. Cody and his good friend Troy Delamatre grew up in the same neighborhood and even went to the same high school. This connection will make a little more sense later.

Towards the end of his high school career, Cody attended The University of Toledo's Friday Night Lights Camp. By the end of the camp, he had impressed coaches and received a scholarship to play football for the University.

Cody played hard and worked even harder to be a successful athlete. His freshman year was a great beginning, and he had an even better start to his sophomore year, however, he played through most of the season with a torn labrum. Following his second year, Cody needed reconstructive surgery on the tear. He came back strong his junior year, breaking a couple records, but with his ups and downs, his senior year came to an abrupt end after breaking his right fibula in the fifth game of the season.

After his injury, he kept pushing himself, and was granted a medical redshirt in order to return for one more season. Cody's motivation and drive carried him through his fifth year. He trained at IMG Academy in Florida and signed with the Kansas City Chiefs as a free agent. After 11 weeks with the Chief's, Cody went to play for the Cincinnati Bengals for the rest of the season. As of January of this year, he has since signed with the Seattle Seahawks.

During his off-season, up until this year, Cody typically found himself continuing to be away from home. He usually ended up traveling to find a capable facility to train with, in preparation for the following season. This meant heading towards Cleveland, Florida or sometimes even further. It was tough for Cody being away from home during the course of a year. That is, until the new Lee C. Jewett Sports Medicine Center opened.

This off-season has been a game changer for Cody and his training. By this point in the story, Cody reconvened with his high school friend, Troy Delamatre, strength and conditioning specialist at Firelands Regional Medical Center. Troy agreed to train with Cody at Firelands new state-of-the-art sports medicine center. "It has everything I could ever need," says Cody. "It's nice to be home, rather than train remotely, and be around my family during the off-season."

Cody plans on continuing to train at the Lee C. Jewett Sports Medicine Center until his organized team activities with the Seattle Seahawks resume in the spring. He also looks forward to another season in the NFL, returning from an off-season of hard work and time with his family.



Busy Blankets

Have you ever wondered why popping bubble wrap is so satisfying? Research has shown popping bubble wrap eases muscle tension, helps reduce the feeling of stress, and provides a sense of calmness. Busy Blankets fulfill a special purpose for people with dementia, Alzheimer's, or ADHD, who can be nervous and fidgety. The blankets incorporate multiple active tactile stimuli. They also help to refocus a person's attention on an activity, reducing emotional escalation, that can lead to agitation and are an antidote for boredom.

The nurses at Firelands Regional Medical Center often notice dementia patients are restless, frightened, or agitated. Kara Windau, R.N. and Nurse Educator at the Medical Center stated, "When in this anxious state, many patients will tug and pull at their clothes, tubes and IV line, scratch at themselves, or attempt to get out of bed. Some patients have been observed shredding tissues, or tearing and crumpling papers, which acts as a soothing sensory component and is a form of comfort." The nurses began to look for ways to keep these patients safer and happier. Kara stated, "We started looking at the benefits of Busy Blankets." The blankets are known to increase patient safety, helping decrease patient falls, and distract patients from pulling at a Foley catheter, NG tube or IVs, with a calming effect as an added benefit.

With growing interest, nursing began to research purchasing the blankets. After careful consideration, the hospital's volunteer services



seemed to be a great place to initiate the creation of the Busy Blankets. Anne McGookey, Director of Volunteer Services at the hospital, reached out to one of her very dedicated volunteers, Arlene Gilbert.

Kara said, "I swear, within 24 hours of talking to our Volunteer Services department we had a Busy Blanket in our hands." That is because volunteer, Arlene Gilbert, has a joint passion for sewing and helping patients at Firelands Regional Medical Center. Arlene

was once a commercial seamstress and worked at a manufacturing company in which she sewed life jackets and dog beds. In addition to volunteering multiple days a week at the hospital, Arlene spends her weekends sewing Busy Blankets, Care Bears, and neck pillows provided for the comfort of our patients. Other volunteers help cut the patterns, and then Arlene skillfully assembles the items.

The volunteers are always looking for donations of soft durable and washable materials to help create the blankets. Provisions specifically needed for the Busy Blankets are materials of different textures to incorporate into the blankets appealing to touch. Other needed materials include: interactive items, such as wide zippers, shoe laces, faux fur, Velcro, pom pom balls, and ribbon. Items that can be swallowed, such as buttons and beads, are avoided.

When staff encounters a patient who they think will benefit from a Busy Blanket they call Kara, who then has the pleasure of delivering the blanket. Kara said, "When I take a blanket to a patient, it's just wonderful because you can just see their face light up." Within the first five months of production, 20 Busy Blankets were distributed to patients. Currently the Medical Center is looking to also make the blankets available to children and adults alike with ADHD or autism. These blankets are truly making a positive difference for many patients while in the hospital and when they return home.

Firelands Physician Group – A Standout in Ohio



Firelands Physician Group is proud to be named a 2019 Pinnacle of Excellence Award® winner by Press Ganey. The Pinnacle of Excellence Award recognizes top-performing clients who are reviewed by the Press Ganey measures of health care quality and excellence nationwide. This extraordinary achievement requires consistent high levels of excellence for at least three years in patient experience.

Firelands Physician Group continually strives to make patient experience a key pillar. The care teams review all feedback from patients on a monthly basis, and also meet throughout the year with a Patient and Family Advisory Council to get formal input from patients. Katherine Smith, Director of Quality with Firelands Physician Group, stated, “We use the positive and constructive feedback from our patients to fuel our efforts to make us better.” Katherine continued, stating, “Our employees are drawn to the health-care field because they want to make a difference in a patient’s life, whether big or small. This award of recognition is a direct reflection of the wonderful jobs our providers and staff does to serve their patients every day.”

Jeremy Normington-Slay, President and CEO of Firelands Regional Medical Center, stated, “Firelands Physician Group is the only primary care and multispecialty group in the state of Ohio to receive this prestigious award in 2019. It is a testimony to the personalized,

high-quality care that we deliver to the patients we serve each and every day. I could not be more proud of our entire team for earning this high level of recognition.”

Firelands Physician Group is a multi-specialty group providing primary care and specialty care services. The providers are on the medical staff at Firelands

Regional Medical Center, and serve Erie County and surrounding regions. Firelands Physician Group consists of 60 providers, offering specialties including: Family Medicine, Gastroenterology, Infectious Disease, Internal

Medicine, Nephrology, Orthopedics, Pediatrics, Physical Medicine & Rehabilitation, Pain Management, Psychiatry, Pulmonology, Critical Care, Sleep Medicine, Sports Medicine, Urgent Care, Vascular Surgery, and Weight Management.

Visit firelandspphysiciangroup.com for more information about these award-winning providers.



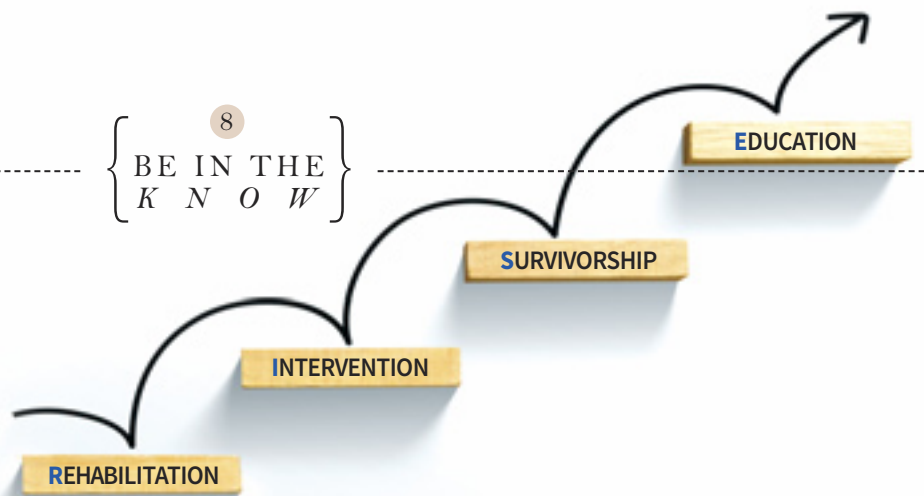
Pinwheels for Hope

In celebration of National Cancer Survivors Day, Firelands Regional Medical Center and the RISE Program present "Pinwheels for Hope".

- Help us support, remember and encourage our cancer survivors, or anyone touched by cancer through the dedication of a pinwheel, which symbolizes the gift of life and transformation. In some cultures the pinwheel represents unseen energy and spiritual freedom. Our hope for all survivors is to use this energy to RISE.
- If you would like to dedicate a pinwheel to someone who has been affected by cancer, there are two options:
Option 1: Please complete the attached envelope with a small donation to the Cancer Program Fund at Firelands.
Option 2: Pinwheels will be available by donation at Firelands Regional Medical Center throughout the Month of May.
- You are invited to join us on Friday, June 5 at 12 pm for a short dedication ceremony and remembrance walk to honor those who have been touched by cancer. We encourage attendees to bring a picture of their loved ones to carry with them on the remembrance walk. Pinwheels will then be placed on the Firelands Regional Medical Center campus.



8
{ BE IN THE
K N O W }



RISE Program for Cancer Rehabilitation

The **MISSION** of the RISE Program is to provide an individualized rehabilitation program for cancer patients focusing on recovery, education, survivorship, and a better quality of life. The **GOAL** of the RISE program is to help patients create their **BEST** life.

What is cancer rehabilitation?

Cancer rehabilitation is much like other forms of rehabilitation that take place after a serious illness or injury, such as stroke or car accident. Due to the fact that cancer and its treatment can significantly impact an individual's physical, mental, and emotional health, rehabilitation resources include a multitude of professionals. RISE team members may include: oncologists, primary care providers, nurses, physical therapists, occupational therapists, speech pathologists, dietitians, mental health professionals, and supportive services such as massage, reiki, acupuncture, patient navigation, and case management.

What types of problems can be treated with Cancer rehabilitation?

Rehabilitation professionals address a wide variety of cancer and/or treatment-related conditions and their symptoms. Studies have shown that for improved quality of life, it is important to not only treat the cancer, but also the subsequent side effects of the cancer and cancer treatment. It is important to address symptoms such as pain, weakness, fatigue, balance and walking difficulties, memory and concentration issues, swallowing and speech problems, swelling (lymphedema), as well as anxiety and/or depression.

What our patients are saying.

"I needed rehabilitation (Physical and Occupational Therapy) following cancer treatment and it started after radiation ended. What a help! The biweekly sessions and interactions with the positive attitudes and reinforcing methods of therapists in all departments have helped my body make great strides towards full recovery of touch and movement. Adding massage helped me understand the benefits of helping the body remove toxins and regain health. Thank you for all the support in this journey I never expected to take!"

—Linda, Huron

"I had chemo and radiation and so far I'm cancer free. But with my age and treatment, my body hurt every day. My doctor told me about the RISE Program and massage therapy. It has changed my life drastically. I feel so much better, with less pain! Thanks to Firelands and their staff for everything they've done. I highly recommend the RISE Program and massage therapy to everyone."

—Tom, Sandusky

"Life never stops, and that includes following a cancer diagnosis. I am extremely grateful for the RISE Program! Massage therapy and acupuncture have helped me tremendously in coping with the daily, bilateral knee and leg pain, in addition to the stiffness. I try very hard not to let these inconveniences change my quality of life, and the RISE Program is essential in assisting me with this attitude."

—Jill, Sandusky

The RISE Program is available to inpatients and outpatients along any stage in the continuum of care. Consultation may result in counseling or education, home exercise program, or direct therapeutic intervention. For more information, call our RISE Program at 419-557-7480 or 419-557-7040.

8 Reasons Why You Should Use 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 COMMON MINOR ILLNESSES CAN BE TREATED: Minor illnesses include allergies (seasonal), common cold, cough, diarrhea, ear ache, 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 IT'S 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: Providers on Firelands Virtual Care can prescribe medication when they deem it medically appropriate. However, there are some restrictions.

7 MEDICAL FORMS CAN BE PROVIDED: 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 Firelands Virtual Care is \$54. However, if you do have health insurance, this cost could be less depending on your plan and provider.

**Care is just a click away!
 Download the app today.**

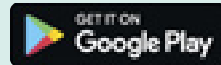
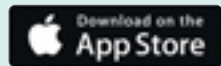
You can download the Firelands Virtual Care app for free using the Apple or Android App Store.

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.

For questions or concerns, please call or email the American Well support team at 877-827-6958 or firelandsvcare@americanwell.com.

You can also visit FirelandsVirtualCare.com



Ask an expert



Donald Cundiff, MD

Expert Advice on Weight Management

Dr. Cundiff has been specializing in weight management for eight years and is in charge of Firelands Weight Management Program at the Firelands Center for Coordinated Care.

"We know that obesity is a disease. It is chronic and relapsing. It begins in the brain. Our brain regulates our weight, appetite and energy expenditure. We have a set point regulatory center and a learning reward center that controls our eating behavior and the amount of fat that we carry.

For millions of years, human brains were able to balance the amount of calories taken in compared to the amount of calories burned. Since our brain controls all our behavior, it has the ability to increase our food desires, increase our food cravings, make us eat more at each meal to feel full, decrease our energy expenditure at rest or during activity and decrease our desire to move in order to protect our weight.

But in our toxic food environment, a condition called leptin resistance makes our brain defend abnormally high weights in some individuals. Later, as the adipose tissue starts to contain extra fat, other health issues also occur.

Obesity has a definite complex genetic foundation, that affects how each of our brains interact with our modern environment. Lifestyle changes are critical to improvement, but can be difficult to do because our brains can work against us. Medications can sometimes interrupt some of these malfunctioning and over-excited circuits to help us make the long-term lifestyle changes that are necessary to try to get permanent weight loss."



The Weight Management Program provides assistance and education on:

- **Weight gain starts with the brain:**
Weight loss is not always solely dependent on diet and exercise.
- **Lifestyle changes**
- **Medications for weight loss**

To learn more about Firelands Weight Management Program, or to make an appointment with Dr. Cundiff, please call: 419-557-6550.

Make a difference and have fun doing it.

This year, The Foundation for Firelands hopes to help more patients than ever before with three signature events, and you are invited! For more information on these Foundation for Firelands events, ticket purchase, or sponsorship, call The Foundation for Firelands office at 419-557-7150 or visit foundationforfirelands.com/foundation/events.



Comedy Night
 Sunday, June 14, 2020

Join hundreds of local supporters and enjoy a relaxing evening of laughter that will bring hope and healing to patients at Firelands Regional Health System! The event will feature a silent auction, live auction, pig roast buffet, and nationally-acclaimed comedians Jason Lawhead, Andy Hendrickson, and Keith Alberstadt!



“Caddyshack” Open Golf Outing
 Monday, June 15, 2020

Get your game on at the 10th Annual “Caddyshack” Open Golf Outing. This fun golf tournament is one of the most anticipated golf outings of the summer. Proceeds help cancer patients at Firelands Regional Medical Center.



The Best Party Ever
 Saturday, October 10, 2020

Dust off your favorite dancing shoes and join in a gala-style event unlike any other! This exciting event will feature a silent auction, live auction, delicious food, emcee and comedian Jason Lawhead, and live music from Rock The House LIVE, the band that WOW-ed the crowd at Celebration 2020! This black-tie optional affair benefits lifesaving intervention and treatment at Firelands Regional Health System.



Want to help?

The Foundation for Firelands is currently seeking students and athletes, grades 8–12, to volunteer as “caddies” this summer for The “Caddyshack” Open Golf Outing. Students will receive community service hours, lunch and dinner. This is an excellent opportunity for students to network with community leaders. To register as a volunteer, please email Laura Criscione at criscil@firelands.com.

Would you like to showcase your product or service in a live or silent auction? The Foundation for Firelands is asking local businesses and individuals to offer support through the donation of an auction item. If you or your company can show your support for the health of our loved ones, neighbors, and friends by donating an item or service, please email Laura Criscione at criscil@firelands.com. Together we can do so much more!

Your generosity is truly a gift. We hope you will join us in 2020.



Doctors' Day

Our health is an integral part of our lives. We often take our good health for granted, until it is compromised. Thankfully, Firelands Regional Medical Center is home to hundreds of physicians who have dedicated their lives to your health. Whether you need a physician for a minor injury or illness, for a routine physical exam, or for specialty care, your physician ensures that you receive the care and treatment you need so that you can get back to feeling your best.

During these times of need, we are especially grateful for the expertise and compassion of the physicians that comprise the medical staff of Firelands Regional Medical Center. To express this gratitude, we encourage you to join us in celebrating National Doctors' Day. Doctors Day is typically on March 30, however, due to the nature of the events going on in the world right now, we're extending thank-you messaging to all of our doctors. Doctors' Day is a decades-old tradition of acknowledging the men and women who have devoted their careers to the health and well-being of our family, friends, and loved ones. To express your appreciation for all your physician does for your health, complete and detach the Firelands Guardian Angel form on this page and enclose in the envelope provided. We will type your message on a notecard and send your sentiment of gratitude to your physician on your behalf. All physicians receiving notecards will be presented with a Guardian Angel pin.

As an additional means of thanking the physicians in your life, we ask you to consider a monetary donation in tribute to the outstanding care provided by your doctor. Every dollar helps save the lives of patients cared for at Firelands Regional Medical Center, and your money never pays physicians or the Medical Center. When you make your gift, the physician you honor will be notified, but we never disclose the amount you have given. Also, you may designate which service line your donation helps so that you can make a difference in the area that matters most to you. We will recognize your tribute gift to your physician in the 2020 Annual Report.

If you have any questions about Doctors' Day, please contact the Development Office at 419-557-7150. Thank you for helping us to acknowledge the dedication of the extraordinary physicians who practice at Firelands Regional Medical Center, on Doctors' Day and every day.

To express your appreciation for all your physician does for your health, complete and detach the Firelands Guardian Angel form on this page and enclose in the envelope provided.

My Name _____

My Phone _____

My Email _____

Caregiver's Name(s) _____

Department/Location _____

Comments _____

I would be happy to share my story with The Foundation for Firelands!



We'll miss you, Jim!

If you were to ask him, he would prefer not to receive the recognition. When asked, he expressed that if a story was to be written about him, rather than reflect on his work, he would prefer to paint a picture of the collective group's accomplishments. "I will take a team award over an individual award any day," says Firelands Regional Medical Center Vice President of Human Resources, Jim Sennish. Jim will be retiring from Firelands this April and is leaving behind an inspiring legacy. Jim's mantra can best be described by the words of Winston Churchill: "Attitude is a little thing that makes a big difference." That phrase has permeated over the course of his career.

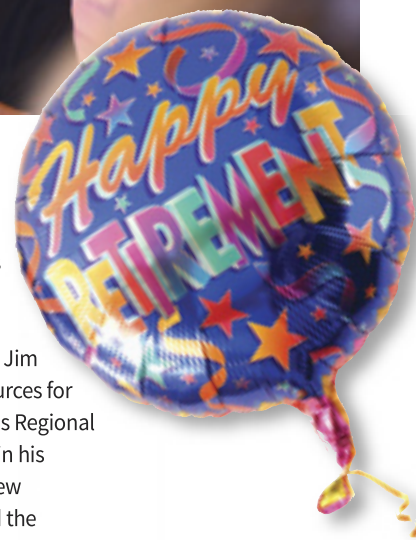
Jim has been working in the human resources field for nearly forty years, making his debut at Cedar Point. Working at the Bay Harbor restaurant, one could say Jim was in the right place at the right time while park leadership was dining one day in the early 1980s. After some conversation, he was offered and accepted a job in the human resources department as the assistant manager of personnel. To this day, Bay Harbor is still Jim's favorite place in town to get a bite to eat, likely due to the fond memories he made there.

Since then, Jim has worked in human resources in many capacities. In 1987, he took a job with the City of Sandusky, working for one of his role models, Frank Link. During his time with the City, Jim utilized a strategy called interest-based bargaining as a practice to build employee satisfaction. With his collaborative efforts and team-mentality, Jim helped to make the City a better place than when he found it, clearing up 67 grievances within the fire department, for which he received the International Association of Fire Fighters Award for Distinguished Achievement. "I had the great pleasure of working directly with Jim. He set a great example by always addressing matters with a problem-solving mindset and an eye

towards fairness and respect for the individuals involved," Duffield Milkie, who worked with Jim at the City of Sandusky, explained.

Following his time with the City of Sandusky, Jim went on to become the director of human resources for Erie County, then in 2006, he started at Firelands Regional Medical Center. Considering healthcare wasn't in his background, one could say he offered a fresh new perspective to the organization. Since he joined the team, Jim and his team have put Firelands on the map, achieving local, regional and national recognition. He will tell you, "People are the lifeblood of any organization, the foundation upon which everything else is built." Firelands has grown from 1,600 employees to now over 2,500 during Jim's time as a leader.

In his retirement, Jim looks forward to spending time with his family, especially his grandchildren, and traveling with his wife. He plans to continue to give back to the community with his involvement in many local organizations. A word Jim hopes to be remembered by is: welcoming. Jim has made a positive impact on Firelands, one that will be felt for years to come.



Jim Sennish
will be retiring
from Firelands
this April
and is leaving
behind an
inspiring
legacy.

Calendar of Events

WOMEN & CHILDREN

BABYSITTING COURSE

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

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$65

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, June 20

■ Saturday, July 18

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

June 3, 10, 17, 24

6–8:30 pm

■ Friday & Saturday, July 24 & 25

6–9 pm and 9 am–4 pm

■ Wednesdays

August 5, 12, 19, 26

6–8:30 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



ALL EVENTS ARE SUBJECT TO CHANGE IN CONCERN FOR THE CORONAVIRUS (COVID-19).

PLEASE CHECK FIRELANDS.COM FOR ALL UP-TO-DATE EVENT INFORMATION.

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, June 16

12:30–2:30 pm

■ Wednesday, July 29

6–8 pm

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



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

■ Saturday, August 22

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

Cost: \$10 per family

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, June 13

■ Saturday, July 11

■ Saturday, August 8

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

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

Jennifer Waldron, MD

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

Pediatric Orthopedic Clinic

Christine Hardesty, MD

Michael Glotzbecker, MD

Rainbow Babies & Children's Hospital

Pediatric Orthopedic 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. Zeft

Pediatric Rheumatology Clinic:

216-444-8950

■ All Other Pediatric Clinics:

1-800-377-3117

■ General Information, contact:

Tina May, NCMA at

419-557-6767

SCREENINGS

FIRST WEDNESDAYS FREE HEALTH SCREENING

Free blood pressure and blood sugar screenings.

Firelands South Campus

Community Resource Room
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, June 13**

7:30–9:30 am

Office of Drs. Williamson & Rousseau
300 Williams St., Huron

■ **Saturday, July 11**

7:30–9:30 am

Office of Dr. Ruggles
348 Milan Ave., Norwalk

■ **Saturday, August 15**

7:30–9:30 am

Office of Drs. Braniecki & Widmer
3960 East Harbor Rd., Port Clinton

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
Call to 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 Ave., Sandusky

Cost: \$55, includes textbook

8 – 11:30 am

■ **Tuesday, June 2**

■ **Tuesday, June 30**

■ **Wednesday, July 22**

■ **Tuesday, August 4**

1 – 4:30 pm

■ **Monday, July 13**

■ **Wednesday, August 19**

Call 419-557-6740 to register.

DIABETES SUPPORT GROUP

With Jean Feick, APRN, CNP, CDE.

Firelands Main Campus

1111 Hayes Ave., Sandusky

12–1 pm

Open to the public, no reservation needed. Bring your own lunch or buy lunch in the cafeteria to enjoy during the presentation.

**ALL EVENTS
ARE SUBJECT
TO CHANGE IN
CONCERN FOR
THE CORONAVIRUS
(COVID-19).**

**PLEASE CHECK
FIRELANDS.COM
FOR ALL
UP-TO-DATE
EVENT
INFORMATION.**

FREEDOM FROM SMOKING

This 5-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 – 7:30 pm

Cost: FREE

■ **Tuesdays, August 4–September 1**

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 Ave., Sandusky

8 am – 1 pm

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

■ **Wednesday, June 17**

■ **Wednesday, July 15**

■ **Wednesday, August 12**

Call 419-557-6740 to register.

STOP THE BLEED

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

Firelands South Campus

1912 Hayes Ave., Sandusky

1–2 pm

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

■ **Wednesday, July 15**

Call 419-557-6740

to register.

COMMUNITY EVENTS & PRESENTATIONS

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

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, June 24

Benefits of Massage Therapy and Acupuncture

Speakers: Amber Brotzki, Licensed Massage Therapist and Lisa Wilson, Dipl. OM, L.OM., Nationally Certified and Licensed by the State of Ohio to provide Traditional Chinese Medicine (TCM)

Brush aside the thought that massage is only a feel-good way to indulge yourself. To the contrary, massage can be a powerful tool to help you take charge of your health and well-being. Also learn the benefits of acupuncture, derived from Traditional Chinese Medicine, and why it is increasingly being used for overall wellness, including stress management. Both massage therapy and acupuncture are used whether you have a specific health condition, or you are just looking for another stress reliever. Join us in this interesting conversation with experts in massage therapy and acupuncture.



■ Wednesday, July 22

Exercises to Manage Arthritic Pain

Speaker: Ashley McMurray, Licensed Physical Therapy Assistant & Certified Tai Chi Instructor

What is the most recommended integrative therapy for arthritis? Exercise! According to research, lack of exercise can make your joints even more painful and stiff. Learn more about the benefits of joint-friendly physical activities and how to exercise safely. Ashley McMurray will also demonstrate forms of exercises that can help minimize arthritis pain and improve overall mobility. If you suffer from arthritis, or are looking to increase flexibility, muscle strength, range of motion, and balance, do not miss this program.



■ Wednesday, August 26

Preparing for Elder Life

Speaker: James E. Preston, DO Medical Director Stein Hospice

The goal is to live a good and healthy long life, which means growing old. Just hoping it will all work out in the end for you, and/or your loved ones, is not a plan. During every stage in life there are steps that can be taken to make life easier, more comfortable, and less stressful as one grows older. Join Dr. Preston as he discusses readying your home, family, documents, and life for yourself and loved ones for later life.

Interested in joining the Firelands Auxiliary or volunteering in our gift shops? For more information, call 419-557-5469.



TRAVEL OPPORTUNITIES

For day trip reservations or questions, call 419-557-7722.

DAY TRIP

■ **Amish for a Day**
Learn about the Amish Culture in Holmes County, Ohio!
Thursday, June 11
Cost: \$115/per person

Round-trip motor coach; board bus at 6:45 am. Depart Sandusky at 7 am to Holmes County, Ohio. Visit an authentic Amish farm; guided tour of house, barn, and school. Enjoy a real Amish buggy ride around the farm. Lunch at Der Dutchman Restaurant and Gift Shop in Sugar Creek. Visit an Amish Country Flea Market (weather permitting). Shop Walnut Creek Foods, a mega Amish market. Return to Sandusky at approximately 7 pm.

DAY TRIP

■ **Michigan Mansion, Motors, and Marina!**
Thursday, September 17
Cost: \$115/per person

Round-trip motor coach; board bus at 6:45 am, and depart Sandusky at 7 am to Michigan. Tour Edsel Ford's magnificent mansion on the shores of Lake St. Clair in Grosse Pointe Shores, Michigan. Lunch at Sindbad's Restaurant and Marina on the Detroit River. Visit the Automotive Heritage Museum and the Michigan Firehouse Museum, both in Ypsilanti, Michigan. Return to Sandusky at approximately 6 pm.



Blackened Chicken Tacos with Pineapple Salsa

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings per Recipe: 8

INGREDIENTS

- 1 ½ pounds Chicken Breast, thinly sliced or pounded to ½ inch thickness
- 8 flour tortillas, 6" size
- Optional: Additional toppings such as lettuce, reduced fat sour cream, reduced fat cheese, etc.

MARINADE:

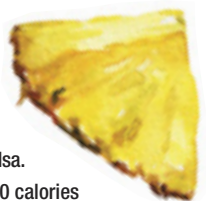
- ¾ tsp. smoked paprika
- 1 tsp. chili powder
- 1 ½ tsp. ground cumin
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. freshly ground black pepper
- ¼ tsp. dried oregano
- ¼ tsp. ground cayenne pepper
- 1 tsp. honey
- 2 Tbsp. lime juice, plus zest of 1 lime
- 2 Tbsp. olive oil

SALSA:

- 1 cup diced pineapple
- 1 cup tomato, diced to ¼ inch
- ¼ cup red onion, finely diced
- 2 tsp. jalapeno, minced
- ½ cup cilantro, chopped

DIRECTIONS

- Whisk all marinade ingredients together in a medium bowl.
- Place chicken into a large resealable bag and add marinade. Mix to coat the chicken. Press out as much air as possible, then seal bag.
- Allow chicken to marinate for at least 1 hour or up to 1 day in the refrigerator.
- Mix all salsa ingredients in a medium bowl. Cover bowl and refrigerate until ready to serve.
- Once chicken has been marinating for at least 1 hour, heat a large nonstick skillet over medium high heat.
- Add chicken to the hot skillet and cook for 5 minutes on one side.
- Flip the chicken over and lower heat to medium. Cook for an additional 4–6 minutes, until internal temperature reaches at least 165°F.
- Remove chicken from pan and allow it to rest for 5 minutes.
- Heat tortillas in a pan according to package instructions.
- Thinly slice chicken lengthwise into long strips. Fill tortillas with chicken, salsa and any additional toppings that you would like.



Nutrition Information per Serving, not including additional toppings. Serving Size: 1 taco with salsa.

Calories	250 calories
Protein	24 grams
Total Fat	8 grams
Saturated Fat	1.5 grams
Monounsaturated Fat	3 grams
Polyunsaturated Fat	2 grams
Carbohydrate	23 grams
Fiber	0 gram
Sodium	300 milligrams
Potassium	390 milligrams
Phosphorus	230 milligrams

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Nutrition Information compiled from the USDA's Food Data Central for standard reference, accessed 02/07/20.