

WINTER
2020

Feel Better

WITH FIRELANDS



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TeleSitter

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George Sortino

Dale E.
Braun, MD

Daniel P.
Elskens, MD



CUTTING-EDGE Neurosurgery

Over the summer, Dale E. Braun, MD, and Daniel P. Elskens, MD, joined the Firelands Physician Group. Firelands couldn't be prouder to host these talented men. Both are fellows of the American Association of Neurological Surgeons.



Drs. Braun and Elskens enjoy practicing the full spectrum of neurosurgery, including brain tumors, trauma, spinal and peripheral nerve disorders. Together, they bring cutting-edge, minimally-invasive reconstructive spine surgery and motion preservation spine surgery to Northern Ohio. They utilize three-dimensional modeling for guidance, enabling them to perform traditionally large surgeries through percutaneous (under the skin) and small tubular retractor approaches. This minimizes trauma to the tissues with lower infection and bleeding

risks, less down time and a fuller recovery.

These processes allow Drs. Braun and Elskens to offer surgical approaches to patients that historically were not candidates for surgical care. They approach spine surgery from behind, on the side, or in front, as needed, in order to maximize the outcome. In addition, a major plus is motion preservation with the use of artificial disks in the cervical (neck) and lumbar (lower spine). By preserving motion, they maximize recovery while reducing the need for further surgeries down the road.

Many surgeons in Ohio perform a component of these procedures, but currently, Drs. Braun and Elskens are believed to be the only surgeons combining these approaches to maximize the benefit of their patients.



The region's only 3.0T MRI scanner
and blanket coil technology

MINIMAL SCAN TIMES.

IMPROVED IMAGE QUALITY.

MAXIMUM COMFORT.

Welcome

CAMERON DITTY, MD

Gastroenterology



Cameron Ditty, MD, recently joined the Firelands Physician Group gastroenterology practice of Martin Beerman, MD, David Hykes, Jr., DO, and Lawrence McCormack, MD. Dr. Ditty's medical interests include general gastroenterology, bariatric endoscopy, and endoscopic treatment of GI pathology. He appreciates the challenge and skill required to perform endoscopic procedures, while experiencing great satisfaction in helping patients through minimally invasive procedures, including weight loss.

Dr. Ditty completed his internal medicine residency at the University of Cincinnati Medical Center and his gastroenterology fellowship at Case Western Reserve University, MetroHealth Medical Center.



Outside of the hospital, you can find Dr. Ditty coaching lacrosse; on the golf course; on a river chasing smallmouth bass or spending time with his family.

Dr. Ditty's office is located at 703 Tyler Street, Suite 151, Sandusky, Ohio.

To schedule an appointment with Dr. Ditty, call 419-627-0207.



Creating a Safe

When a patient in the hospital presents as a fall risk, occasionally a clinician or caregiver must stay in the patient's room to ensure their safety. The need for this kind of service has been on the rise as fewer patients have family members who are available to stay with them for long periods of time.



Culture with **TELESITTER**

As a result, Firelands Regional Health System began using the AvaSure TeleSitter® technology in July 2020. The TeleSitter is an in-house, portable camera system, mounted on a rolling platform, similar to that on an IV. The camera is placed in a patient's room and provides a live feed to a central station.

If a patient attempts to get up unassisted, a technician can communicate directly with them and tell them to stay in bed until help arrives. If the patient doesn't listen, the technician can either call the patient's caregiver, or sound the alarm on the camera, depending on how fast the patient moves. The alarm alerts anyone in the area to respond to the room as soon as possible. If multiple patients are attempting to get up at one time, the technician can hit the alarms simultaneously.

TeleSitter is also useful for patients that interfere with medical devices, such as pulling at IVs, Foley catheters, and NG tubes. It is helpful for patients who experience confusion, agitation, are at risk of self-harm, or patients that are suspected of doing illegal drugs while in the hospital.

Firelands Regional Health System was using an average of 12 full-time employees per year as one-on-one sitters before the use of the TeleSitter. Currently, six cameras are in use 74% of the time with plans to expand that number in the future. This technology has been extremely beneficial for both the hospital and patients, allowing one person to efficiently monitor up to 12 patients at a time, reducing the cost of care.



Response time is within nine seconds of the sound of the alarm, resulting in decreased falls. One of the hospital's busiest units went the entire month of September with no falls, which is an outstanding achievement!

Volunteering is good medicine!

By Steve Krisfalucy



I am a survivor! After my initial diagnosis with stage 4 cancer in 2018, I am still undergoing maintenance treatments, but I am here!

I found that during my chemo treatments, the one thing that kept me going that I could control was my mindset and attitude. In my case, I learned to meditate. When things got tough, I imagined myself as a lion – they are tough, rarely get old and always go down fighting. At the same time, lions have a caring side that few recognize or see.

Volunteering for the Seidman Cancer Center at Firelands improved, or at least stabilized, my mental game and overall health. Volunteering motivated me to get out of the house and get moving. While I spoke with patients, I could forget about my own health issues and focus on others. It gave me a greater sense of worth.

I looked forward to visiting patients every week more than I realized, and always left feeling I helped someone emotionally, or simply brought a smile to their face. Volunteering has been a reward, both mentally and physically.

Now, more than ever, I appreciate the opportunity to help others. My expectations are simple; do my best to make someone's day a little better.

The one thing I can control is my mental game and I found that volunteering helps me strengthen that game. It is good medicine for me.



**BE
Strong!**
**STAY
Strong!**



Visit

[firelands.com/
volunteer](https://firelands.com/volunteer)

for more
information
on volunteer
opportunities.



Think planning a wedding is difficult? Try doing it in the middle of a pandemic when your career is in emergency management! That's the situation Sarah Henkel (Spears), director of safety and security at Firelands Regional Health System, found herself in.

Firelands activated its hospital incident command system (HICS) initially on January 28 to monitor the COVID-19 situation and do some preliminary planning. On March 16, the hospital went into full-scale preparedness and response planning mode. Sarah's emergency management training was put to the test when she was designated as the planning section chief of the HICS management team. Sarah was responsible for finding resources, documenting plans and distributing information to hospital associates, in addition to her regular job duties.

Long before anyone had ever heard about the virus, Sarah and her boyfriend, Peter, got engaged on July 12, 2019 and decided to get married on April 18, 2020. After months of preparation, their wedding plans started to fall apart. At the beginning of March, their wedding and reception venues and minister all cancelled due to COVID-19. They considered postponing the wedding indefinitely, but decided instead to have a low-key wedding with just their three children in attendance. Then, five days before the wedding, a co-worker suggested that they live stream the ceremony so family and friends could be a part of the joyous occasion. After a few whirlwind days, and with the help of several people, everything was figured out and their wedding went on as planned. After the ceremony, the minister asked Sarah and Peter to go outside. Family and friends had gathered in the parking lot to surprise the couple. The group also decorated a classic car for them to ride in and lead a noisy parade through town. Despite earlier disappointment and frustration, everything came together and the couple had a beautiful wedding that they will never forget.

**Congratulations and
best wishes Sarah and
Peter on a lifetime
of happiness together!**

COMMUNITY Collaboration

Due to supply chain challenges at the beginning of the pandemic, many hospitals have struggled to keep personal protective equipment (PPE) in stock, including isolation gowns and N95 masks worn by healthcare workers on the front lines. Firelands Regional Health System is grateful for all of the donations of supplies and resources it has received from local businesses, organizations, and the community. Here are just a few of the many anecdotes about how our local partners helped us out in a time of need.



CEDAR POINT

While Firelands utilized reusable isolation gowns before the COVID-19 pandemic, the gowns became even more critical during the pandemic when supplies of disposable isolation gowns were unavailable or limited.

Although Firelands contracts with a local linen service to launder such items as patient bed sheets, towels, and washcloths, the demand for the service increased beyond the capacity available at the time. That prompted

Firelands to come up with an alternative plan.

By this time, Cedar Point had temporarily closed all of their hotel properties due to the pandemic, meaning their laundry facility was not being used. An arrangement was made between Firelands and Cedar Point, allowing environmental services staff from Firelands to use Cedar Point's laundry facility to wash and dry isolation gowns. Dru Meredith, vice president

of operations, marketing, and strategic planning at Firelands had this to say about the collaboration, "On behalf of Firelands Regional Health System, I would like to say thank you to Cedar Point for allowing Firelands to utilize their laundry facilities during the critical stages of the COVID-19 pandemic. This was absolutely community collaboration at its best!"



NORWALK FURNITURE

In April, Norwalk Furniture received its designation for "Essential Business Status" from Huron County and stopped production of custom upholstered furniture to begin making face masks and gowns for local hospitals and healthcare workers. "It's a great story of local collaboration saving lives during a historic time," stated Denao Ruttino, vice president of operations and chief information officer at Firelands. "The

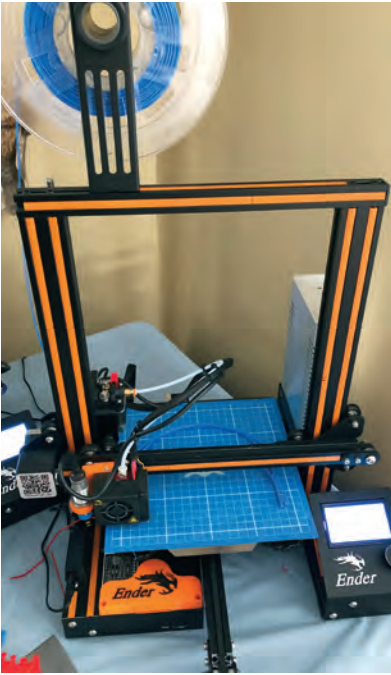
Norwalk Furniture team made prototypes of several masks and gowns based on feedback from our caregivers. Most were from materials we had readily available and they created solutions that could be produced very quickly and protected our caregivers. Firelands acquired over 1,000 gowns from Norwalk Furniture at a time when stock of critical supplies was impossible to find otherwise."

Meet JUSTIN KELLEY, DO

Orthopedics



EHOVE



At the beginning of the pandemic, N95 masks were also in short supply and hard to obtain. Many frontline workers began wearing plastic face shields, in addition to masks, not only to add an extra layer of protection, but to also extend the life of their face masks.

With a desire to help healthcare workers, three EHOVE instructors began working day and night making plastic headbands to attach to face shields, using their own 3D printers, in addition to 3D printers at EHOVE. The selfless service and great collaboration from the EHOVE team is inspiring.



Dr. Kelley is excited to call the Lake Erie shores home. As an avid outdoorsman and thrill seeker, you might catch him golfing, boating in Sandusky Bay, or on the coasters at Cedar Point. Dr. Kelley and his wife, Rebecca, are looking forward to what Sandusky and Firelands Regional Medical Center have to offer.

**Dr. Kelley's office is located at
1401 Bone Creek Drive,
Sandusky, Ohio.**

**To schedule an appointment
with Dr. Kelley, call 419-625-4900.**

Hospitals and health care professionals across the country faced many new challenges as the COVID-19 pandemic unfolded. People in the medical field were worried because so little was known about the virus, there was limited testing available and turnaround times were slow. Dedication to their profession meant risking their own lives to care for others.

Many frontline workers lived in separate areas of their homes, away from their family, avoided contact with elderly relatives, and feared contracting or transmitting COVID-19 themselves.

In the early stages of the pandemic, some services like elective surgeries stopped, meaning personnel from surgery were displaced from their “home” department and redeployed to areas that would need support if a surge hit. Nurses working in office settings were pulled onto the front lines for the same reason. All nursing personnel were evaluated to determine where they could be utilized most effectively, based on skillset and previous work experience. “It was awesome to watch the staff step forward and embrace these new areas and roles. They all did it without complaint and time and time again would say they were just doing their part,” stated Beth Hartz, nurse director at Firelands.

The need for nurses trained on the use of ventilators was top of mind in preparation for a surge of COVID-19 patients. Nurses that had ventilator training and knowledge from



past work experience were given a refresher course and oriented to the COVID units. Displaced staff was also reassigned to other areas in the hospital to help with essential tasks such as taking temperatures at entrances, cleaning high-touch surfaces, delivering supplies to departments, and transporting patients. In an effort to minimize the risk of being exposed to the virus, many employees started working from home.

To reduce the risk of spreading COVID-19, Firelands, along with many other hospitals nationwide, implemented a no-visitor policy. Patients who would normally have the support of their loved ones had to fight for their lives alone. Not only was it difficult for families to be kept away from their loved ones, but it was also heart-wrenching for staff as well. To reduce the stress families were feeling because they could not be at their loved one’s bedside, frontline workers became the patient’s extended family. They would help families communicate with the patient via phone or iPad, show the patient pictures, and

read letters from the family. They supported the patients emotionally when their families were not able.

During the pandemic, people came in daily with COVID-like symptoms, ranging from mild to severe. Staff had to always be on their toes because they never knew what would be coming through the door next. In addition to caring for patients and testing them for COVID-19, emergency services staff also responded to inquiries from the community about the virus and testing procedures. “We as healthcare professionals are not only living with the virus by keeping our families safe at home by social distancing and wearing a mask, at work we keep our staff safe by wearing masks, hand washing, and wearing gloves. In the areas of the ER where suspected COVID-19 patients wait, associates also wear gowns and face shields or goggles. Our patient flow has changed as well. Every patient and visitor must have their temperature taken, wash their hands, and wear a mask to triage them to the correct area of the ER,” stated Bill Turton, emergency services director at Firelands.

WORKERS



Respiratory therapists have played a vital role during the pandemic by providing care to COVID-19 patients from start to finish. From the initial assessment in the emergency services department to hospitalization and discharge, respiratory therapists manage the ventilators, maintain patient's airways, and provide supplemental oxygen when needed.

The laboratory department at Firelands has been extremely busy these days. Phlebotomists have been on the front lines collecting blood samples to test patients for COVID-19. Behind the scenes, the microbiology employees prep and test all of the in-house specimens daily,

while another team is responsible for sending out specimens that cannot be run in the hospital's lab. Lara Goldberg, laboratory director at Firelands stated, "We have been behind the scenes fighting for our patients every step of the way. I am proud of our lab. Associates have worked long hours to assure we are meeting the needs of our patients every day."

Physicians, nurses, respiratory therapists, and other allied health professionals on the front lines of the COVID-19 pandemic have been hailed as heroes, and with good reason, but hospitals are full of other unsung heroes. Hospital support staff tend to be invisible or work behind the

scenes but make it possible for hospitals to function properly. Often, these workers face the same risk of infection as clinical staff.

During the pandemic, the nutritional services department at Firelands continued to provide meals to patients and staff, although they had to be creative due to restrictions. Food options were limited, and everything had to be individually wrapped and packaged for takeout. In their downtime, staff from the cafeteria helped in environmental services to sanitize surfaces throughout the hospital.

Providing a clean and safe environment is always a top priority at Firelands. The environmental services staff has been crucial during the pandemic. The environmental services team plays a critical role in protecting patients and staff through thorough cleaning of the facility and frequently disinfecting high-touch surfaces, helping to prevent the spread of the virus.

Firelands is extremely proud and grateful for every team member, especially during this time of crisis.

A heartfelt thanks to those on the front line for risking their health and lives to ensure our patients receive the best possible care.



A Heart Full Of Gratitude



At 77 years old, Sandusky area businessman, George Sortino, considers himself relatively healthy. He exercises regularly, and as president of the Sortino Management and Development Company, George is actively involved in the daily operations of numerous businesses in Sandusky and other cities throughout the country. Due to George's active lifestyle, when he wasn't feeling well in the early part of this past July, he knew something was wrong.

"I was extremely short of breath, had the chills, a cough, fever, and was really tired," remembers George. "I finally went to the Firelands Regional Medical Center emergency room around 10 pm on July 8. I was in rough shape."

Exhibiting many of the typical signs of COVID-19, the emergency room team tested George for the virus, and the result came back positive. He was admitted to the hospital that night. The following day his oxygen level continued

to decline, and his breathing became more difficult. George was transferred to the hospital's critical care unit, where he spent the next 12 days fighting for his life.

"I was so sick that I was afraid I wasn't going to make it. I developed pneumonia from the virus, and I've never felt so bad in my life. I was weak to the point that I couldn't even lift a pen. What made it worse was I couldn't have any visitors. It was awful," says George. "But because of the doctors and staff at Firelands, I slowly got better. I truly believe that if it weren't for Firelands, I wouldn't be here today."

George received care from many Firelands staff members. His initial encounter was with Eric Robinson, DO in the emergency department, who was key in stabilizing George. Upon admission, his primary providers were pulmonologist Christopher

Avendano, MD, physiatrist Joseph Riley, MD, and hospitalist Ruta Semaskiene, MD. In addition to supplemental oxygen, physicians treated George with Decadron, a steroid that has shown to have a significant effect on mortality in COVID-19 patients. He also received the antiviral drug remdesivir, which had been authorized for emergency use in patients with severe COVID-19. Remdesivir can slow the virus from spreading in the body and can shorten hospital stays.

George also received convalescent plasma, the first COVID-19 patient at Firelands to do so. Rich in antibodies, convalescent plasma is derived from the blood donated by people who have recovered from the virus.

After receiving the remdesivir and convalescent plasma, George began to improve physically and emotionally. "I knew I'd be okay when Dr. Riley came to see me to

*“At Firelands,
you are not just a
number. You can
feel the care and love
in their hearts, from
the housekeeping staff
to the doctors.”*

– George Sortino



discuss my rehabilitation plan,” George reflected. “Even though I was feeling better, I was exceptionally weak. I had trouble keeping my balance when I walked and still had trouble breathing. I’ve been active all my life. I used to take breathing for granted. Not anymore. You realize how priceless it is when you’re struggling to breathe.”

George was transferred to Firelands Regional Medical Center inpatient rehabilitation on July 21, where he stayed for nine days. As part of his rehabilitation, George’s occupational therapist required George to cook a meal for himself. When he asked his therapist what her favorite food was, she replied fettuccine Alfredo. “I told her I’d cook it for her and all the staff members in the unit. She thought I was cuckoo, but I did,” chuckled George.

After his discharge from the inpatient rehabilitation unit, George continued his rehabilitation at the Lee C. Jewett Sports Medicine Center for another month as an outpatient. “I benefitted from the rehab so much that I still go to the Lee C. Jewett Sports Medicine Center four days a week on my own,” he shared. “It has helped me become stronger and improved my breathing.”

Today, George is back working full-time running his many businesses. “For me, retirement

is next to death. I’ll never retire. My businesses are my hobby, not work. One of my doctors told me that if I were not as active as I am, I might have had a different outcome.”

George reflected with a soft voice and a heart full of gratitude, “I feel blessed that I was able to go to Firelands when I got COVID-19. I received the best care from everyone there. It started from

the minute I came into the ER. At Firelands, you are not just a number. You can feel the care and love in their hearts, from the housekeeping staff to the doctors. I can’t express enough how grateful I am to them all. I keep a photo of Dr. Avendano on my phone to remind me of how thankful I am that he saved my life. As far as I’m concerned, Firelands gives the word ‘hope’ a new meaning.”

As we prepare to give thanks and give back this holiday season,

we ask you to consider making a gift to sustain the care you and your loved ones have come to expect from every physician and caregiver at Firelands.

You have the ability to make an immediate and important impact on the lives of people you see daily, people of all ages, who utilize emergency services, women’s services, digestive health, mental health, primary care, physical therapy and other services throughout the Firelands network.

This year has made us all aware that we never know when we may need great healthcare, close to home!

It’s easy to invest in the good health of our community.

Simply go to <https://www.foundationforfirelands.com/foundation/ways-to-give/donate-online/>; or,

Call The Foundation for Firelands at **419-557-7150**; or,

Mail a donation using the enclosed remittance envelope to:
The Foundation for Firelands
1111 Hayes Avenue
Sandusky, OH 44870

Gifts of all sizes make a difference and will help to enhance and save lives!

Thank you!

Appreciation & Gratitude for Marsha

After 34 dedicated years of service to Firelands Regional Health System, Marsha Mruk, Vice President of Counseling & Recovery Services, retired in June.

Her hard work and spirit for those with mental illness and substance abuse disorders helped this program become a resounding success throughout our region and the state of Ohio. The outpatient behavioral health services program, which began in 1985, has grown from one office in Sandusky with 16 employees, to 10 offices in seven counties with 220 team members. In addition to local and regional resources to fund these services, Marsha was instrumental in bringing new federal grants totaling \$11.3 million to provide care and new



service to the residents of our communities.

Under Marsha's leadership, Firelands Counseling & Recovery Services has grown to a complete continuum of

integrated service within a hospital-based system that is the largest and most comprehensive in the state of Ohio. This exciting growth and transformation is due to Marsha's unrelenting awareness and commitment to quality and contemporary services for high-risk, fragile, and often under-served populations. Her reputation as a leader in the behavioral health field is recognized not only in our region, but throughout the state.

Providing day-to-day care to the populations in these areas presents many challenges and requires very special people to serve our patients. Under Marsha's leadership and mentoring, the dedication of the Firelands staff has fostered a wonderful level of care in mental health and substance abuse treatment to those

Honoring Emerita, **Carol Wolfe**

It is with great pleasure that we honor board emerita, Carol Wolfe, for her 43 years of dedicated service and diverse talents at Firelands Regional Health System. Carol was asked to serve on the board of directors at Good Samaritan Hospital in 1977, and has made lasting contributions to our organization and its mission ever since.

Carol became part of the interior design team for

projects throughout the health system. She started out working on small projects, such as renovating individual offices. Over the years, however, the scope of work grew into coordinating entire buildings. Her creative talents can be seen in countless areas of the health system, including the Firelands South Campus main entrance, the Center for Women & Newborns, and the inpatient rehabilitation unit, just to name a few.

Emeritus designation not only honors Carol's accomplishments at Firelands, but encourages her to continue to do more service. An emeritus board member is invited to stay on the board as a nonvoting member in an advisory capacity. Carol will remain active in her role on the facilities committee, developing design and workflow strategies to complete the new Firelands Sandusky Healthcare Center.

Thank you, Carol, for contributing your time and talents over the years. You have made a lasting impression on Firelands.

COMING FALL 2021

who need it the most, in their darkest hours. Together with the nurses, physicians, and clinical staff working in our inpatient program, Firelands has been able to make the full continuum of behavioral health care available to our community members.

Marsha leaves behind a foundation for continued excellence and depth of service for the health system and those we serve. Please join us in offering our respect for her accomplishments and gratitude for the legacy of excellence she leaves behind. Marsha's dedication and leadership will be greatly missed.



A comprehensive healthcare facility, located at 2520 Columbus Avenue, offering team-based care to the community in one convenient location.

- Family Medicine
- Internal Medicine
- Pediatric Care
- Imaging Services
- Laboratory Services
- Community Gathering Space

firelands.com/shc



WOMEN



- **Wednesdays**
February 3, 10, 17, 24
6 – 8:30 pm
 - **Wednesdays**
March 3, 10, 17, 24
6 – 8:30 pm
 - **Wednesdays**
April 7, 14, 21, 28
6 – 8:30 pm
 - **Wednesdays**
May 5, 12, 19, 26
6 – 8:30 pm
- Call 419-557-7840 to register.

CHILDBIRTH REFRESHER

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

Cost: \$10

If attending the Friday & Saturday course:

Attend Saturday only, 9 am – 3 pm

If attending the weekday course:

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

Call 419-557-7840 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 Avenue, Sandusky

9 am – 12 pm

Cost: \$10

- **Saturday, February 27**
- **Saturday, April 24**

Call 419-557-7840 to register.

BREASTFEEDING BASICS

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

Firelands South Campus

1912 Hayes Avenue, Sandusky

9:30 am – 12 pm

Cost: \$10

- **Saturday, January 16**
- **Saturday, February 20**
- **Saturday, March 27**
- **Saturday, April 17**
- **Saturday, May 15**

Call 419-557-7840 to register.

CHILDBIRTH EDUCATION

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

Firelands South Campus

1912 Hayes Avenue, Sandusky

Cost: \$35

- **Wednesdays**
January 6, 13, 20, 27
6 – 8:30 pm



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 Avenue, Sandusky

8:30 am – 4 pm

Cost: \$65

- **Saturday, March 27**
- **Saturday, May 29**

Call 419-557-7840 to register.

and CHILDREN

HAPPIEST BABY ON THE BLOCK

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

Firelands Main Campus

1111 Hayes Avenue, Sandusky

Cost: **FREE**

- **Wednesday, January 20**
12:30 – 2:30 pm
- **Tuesday, February 23**
6 – 8 pm
- **Tuesday, March 23**
12:30 – 2:30 pm
- **Wednesday, April 21**
12:30 – 2:30 pm
- **Tuesday, May 11**
6 – 8 pm

Call 419-557-7840 to register.

SIBLING COURSE

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

Firelands Main Campus

1111 Hayes Avenue, Sandusky

10 – 11:30 am

Cost: **\$10 per family**

- **Saturday, May 22**

Call 419-557-7840 to register.

STORK EXPRESS

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

Firelands Main Campus

1111 Hayes Avenue, Sandusky

9 – 11 am

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

Call 419-557-7840 to register.



PEDIATRIC SPECIALTY CLINICS

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

Firelands Main Campus

1111 Hayes Avenue, Sandusky

Pediatric Cardiology Clinic

Claudine Whitfield, MD

Toledo ProMedica Hospital

Pediatric Cardiology Specialist

Call 419-557-7840 for an appointment

Firelands South Campus

Outpatient Specialty Clinic

1912 Hayes Avenue, Sandusky

Pediatric Gastroenterology Clinic

Judy Splawski, MD

Sharon Perry, NP

Rainbow Babies & Children's Hospital

Pediatric Gastroenterology Specialist

Call 1-800-377-3117 for an appointment

Pediatric Neurology Clinic

Max Wiznitzer, MD

Kathy Maxwell, NP

Jennifer Waldron, MD

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

Call 1-800-377-3117 for an appointment

Pediatric Orthopedic Clinic

Christine Hardesty, MD

Michael Glotzbecker, MD

Rainbow Babies & Children's Hospital

Pediatric Orthopedic Specialist

Call 1-800-377-3117 for an appointment

Pediatric Pulmonology Clinic

Amy DiMarino, DO

Rainbow Babies & Children's Hospital

Pediatric Pulmonology Specialist

Benjamin Goldstein, MD

Toledo ProMedica Hospital

Pediatric Pulmonology Specialist

Call 419-557-7840 for an appointment

Pediatric Rheumatology Clinic

Reut Zeff, DO

Cleveland Clinic Children's Hospital

Pediatric Rheumatology Specialist

Call 216-444-8950 for an appointment

For general information contact

Tina May, NCMA at 419-557-6767

SCREENINGS

HEALTH AND WELLNESS SCREENINGS

Various screenings offered to community members for a low-cost fee. Cash, check or credit card accepted. No walk ins. Must pre-register for all lab work. Call 419-557-7840 to register.

Costs:

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

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

Hemoglobin A1C – \$25

PSA – \$30

Vitamin D – \$35

TSH – \$25

Firelands South Campus

1912 Hayes Avenue,
Sandusky

- **Saturday, January 16**
7 – 9:30 am

- **Saturday, February 20**
7 – 9:30 am
- **Saturday, March 13**
7 – 9:30 am
- **Saturday, April 3**
7 – 9:30 am
- **Saturday, May 15**
7 – 9:30 am

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 Street, Suite 152,
Sandusky

- **Saturday, April 10**
9 am – 12 pm

Call 419-557-7840 to register.



AUXILIARY/GIFT SHOP

SALES and EVENTS

Due to COVID-19, many of our events have been canceled to protect our staff, volunteers, and community. Please check the website at

<https://www.firelands.com/classes-events/>

for all upcoming Auxiliary Gift Shop sales and events.



Watch for future announcements regarding these spring events:

FREE SKIN CANCER SCREENING

Intended for those who do not have an established dermatologist, or are not currently being followed by a dermatologist. This screening is to check suspicious moles and areas of concern.



EDUCATION

BASIC LIFE SUPPORT

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, January 21**
- **Tuesday, January 26**
- **Tuesday, February 2**
- **Thursday, February 25**
- **Tuesday, March 30**
- **Tuesday, April 20**
- **Tuesday, May 4**
- **Wednesday, May 19**

1 – 4:30 pm

- **Wednesday, January 6**
- **Tuesday, March 2**
- **Wednesday, April 28**
- **Thursday, May 27**

Call 419-557-6740
to register.

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

8 am – 1 pm

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

- **Wednesday, January 13**
- **Wednesday, February 10**
- **Wednesday, March 10**
- **Wednesday, April 14**
- **Wednesday, May 12**

Call 419-557-6740
to register.

MEDICAL TERMINOLOGY

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

Firelands South Campus

1912 Hayes Avenue,
Sandusky

Cost: \$150, includes materials

- **Mondays,
January 11 – March 8
12:30 – 2:30 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

2 – 3 pm

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

- **Wednesday, January 13**
- **Wednesday, April 14**

Call 419-557-7523
to register.

AMERICAN RED CROSS BLOOD DRIVES

Appointments are required. Schedule online at redcrossblood.org, or call 1-800-RED-CROSS

Firelands South Campus

1912 Hayes Avenue,
Sandusky

12 – 5 pm

- **Tuesday, December 29**
- **Friday, January 29**
- **Friday, February 26**
- **Friday, March 26**
- **Friday, April 30**
- **Friday, May 28**



Firelands 55+ Club

We are Still Here for You

We recognize you miss the Firelands 55+ Club opportunities. Quite frankly, we miss you too! As a result of COVID-19, many offerings remain suspended until we are able to resume safely. Nevertheless, stay connected by subscribing to the Firelands 55+ Club E-Newsletter by visiting firelands.com/55Club, or email mihalic@firelands.com, or call 419-557-7722.

It is more important than ever to be engaged and proactive in your quest for good physical and mental health. The monthly electronic publication offers the following and more:

- Pocket Programs –view experts discussing health and wellness topics
- Backyard Trips – discover or rediscover local destinations
- Health and Wellness Screenings
- Community Events
- Firelands Regional Health System Announcements
- Trivia and Brain Teasers
- Wellness Tips and Activities
- Interesting Statistics and Infographics on Health Issues

firelands.com/55club



Harvest Chicken Casserole

PREP TIME: 20 MINUTES
TOTAL TIME: 1 HOUR
SERVINGS PER RECIPE: 8

Ingredients:

2 tablespoons extra virgin olive oil, divided
 non-stick cooking spray
 2 pounds boneless, skinless chicken breasts
 1 teaspoon kosher salt
 freshly ground black pepper
 ½ medium sweet onion, chopped
 2 medium sweet potatoes, peeled and diced
 1 pound Brussels sprouts, trimmed and quartered
 2 cloves garlic, minced
 2 teaspoons fresh thyme leaves
 1 teaspoon paprika
 ½ teaspoon ground cumin
 ½ cup no salt added chicken broth, divided
 6 cups cooked wild rice
 ½ cup dried cranberries
 ½ cup sliced almonds

Directions

1. Preheat oven to 350°F. Coat a 9"x 13" baking dish with cooking spray.
2. Heat 1 tablespoon olive oil in a large deep skillet, over medium-high heat.
3. Season chicken with salt and pepper. Add chicken to skillet. Cook until golden brown and cooked throughout, approximately 8 minutes per side, or until it reaches at least an internal temperature of 165°F. Once cooked, remove from pan and let rest for 10 minutes until cool enough to cut. Cut chicken into 1" pieces.
4. In the same skillet, over medium heat, add remaining 1 tablespoon of olive oil. Add onion, sweet potatoes, Brussels sprouts, garlic, thyme, paprika, cumin, and black pepper. Cook until vegetables are soft, approximately 5 minutes. Add ¼ cup of chicken broth and bring to a simmer. Cook, covered, for 5 minutes.
5. Mix the vegetable mixture, cooked chicken, cranberries, and wild rice together. Pour into the prepared baking dish and add ¼ cup chicken broth. Top with sliced almonds.
6. Bake at 350°F, on middle rack, until heated throughout and almonds are toasted, approximately 15 to 18 minutes. Serve immediately.



NUTRITION INFORMATION PER SERVING

Calories	400 calories
Protein	35 grams
Total Fat	10 grams
Saturated Fat	1.5 grams
Monounsaturated Fat	5.5 grams
Polyunsaturated Fat	2 grams
Cholesterol	73 milligrams
Carbohydrate	45 grams
Fiber	5 grams
Sodium	380 milligrams
Phosphorus	420 milligrams
Potassium	700 milligrams

Nutrition Information compiled from the USDA's Food Data Central for Standard Reference, accessed 09/17/20.