

LATE
SUMMER
2021

Feel Better

WITH FIRELANDS



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Building Better Healthcare

When considering healthcare, patients are looking for convenience and quality.

They feel valued when visiting a facility that matches the quality of care they expect, especially when amenities are included at one location. These considerations helped drive the design and approach to delivering the best experience and outcomes for patients coming to the new Firelands Sandusky Healthcare Center.

Physicians working in team-based models of healthcare significantly improves patient outcomes. "It's due time that our outpatient primary care facilities match the high quality of the physicians, associates, and health system that we have here in our community," said Chief Executive Officer Jeremy Normington-Slay, at the groundbreaking event in the summer of 2020.

Providers moving to the Firelands Sandusky Healthcare Center include:

- **Nataliya Bumagina, MD, FAAP**, Pediatric Medicine
- **Kevin T. Carnahan, DO**, Family Medicine
- **Thomas Conley, DO**, Family Medicine
- **Eric Mast, DO**, Family Medicine
- **Karl Oberer, DO**, Family Medicine
- **Kaitlin Schwerer, DO**, Family Medicine
- **Matthew Widmer, DO**, Family and Sports Medicine
- **Jennifer Kaple, DNP, FNP-C, RN**, Family Medicine

Set to open in October 2021, the Firelands Sandusky Healthcare Center will consolidate three primary care offices in Sandusky into one convenient location. Located at 2520 Columbus Avenue, the new 45,000-square-foot facility will be home to primary care, pediatric care, an outpatient lab, imaging services, as well as community meeting spaces. This \$25 million investment will further establish Firelands as the region's preferred independent healthcare provider.

Capital planning hasn't been without its challenges, however. The COVID-19 pandemic left a wave



of uncertainty in its wake for any organization hoping to grow, yet remain financially stable. In an uncertain time, around March 2020, to be exact, the kickoff of the Firelands Sandusky Healthcare Center was delayed. However, confidence rose as Firelands' senior leadership and board of directors navigated the pandemic. Fast forward to the groundbreaking in August, Normington-Slay said, "If the last five months are any indication of how a community health system steps up in the face of adversity, it will tell you we need to continue the tradition of excellence in our health system for years and years to come."



University Hospitals Rainbow Sandusky Pediatricians will also migrate to the new facility and will occupy the first floor. Dr. Kimberly Vacca mentioned, "Sandusky Pediatricians is humbled and excited to begin this venture with Firelands. We are looking forward to our partnership in delivering comprehensive care while serving our patients and community." Providers moving to the Firelands Sandusky Healthcare Center include:

- **Kimberly Vacca, MD**, Pediatrics
- **Marin Waynar, MD**, Pediatrics
- **Terry Wiseman, MD**, Pediatrics
- **Ashley Folger, CNP**, Pediatrics

Additionally, services provided by University Hospitals at this location will include pediatric neurology and epilepsy, pediatric gastroenterology, and pediatric pulmonology.

The Firelands Sandusky Healthcare Center was designed by Perspectus Architecture from Cleveland, Ohio, and will leverage a team-based-care approach to maximize patient outcomes. Walking through an elegant entryway into the main lobby, patients will have immediate access to an outpatient laboratory and imaging center. The second floor is built for a team-based approach to care and can house up to 20 providers with shell space for expansion. Firelands Physician Group providers in three Sandusky offices will be migrating to the new facility for its debut in October.

The floor plan allows for a team-based experience, connecting providers, and easy accessibility for patients. "You will see that the design of the new center is crafted around the way our patients will experience their care just as much as how our care providers will work to deliver it," said Katherine Smith, Firelands Physician Group director of Quality. "It is integrated, purposeful, and therapeutic." A study in a North Carolina ER found that nearly 60% of the patients' problems could have been addressed in a primary care clinic for a savings of a whopping 320-720%.

One might ask, what is a team-based approach to healthcare? Firelands' new facility is physically designed in pods. The providers have their work stations connected to their nurses and close to their colleagues to foster collaboration. Firelands Physician Group will leverage team-based practices as part of a medical home model.



The physicians have their nurses, their care coordinator, and a nurse practitioner all taking care of their panel of patients. A panel is a doctor's list of patients. Team-based care is delivered in groups of three to four people, depending on the size of the patient panel.

Firelands' patient experience scores are ranked 97th percentile in Press Ganey's national database. After lining up over 1,000 medical groups across the nation, Firelands is in the top three percent of those medical groups, and this facility will only enhance that. Firelands' leadership and board of directors hope to continue the trend for years to come.

[Learn more about the new Firelands Sandusky Healthcare Center at firelands.com/shc.](https://firelands.com/shc)

Firelands Health COVID-19 statistics

through August 17, 2021

7,627  people
VACCINATED (COMMUNITY AND STAFF)

382 doses of Johnson & Johnson | **5,582** doses of Moderna

8,667 doses of Pfizer

AGE RANGE VACCINATED

 ages **12** to **99**

COVID PATIENTS

who came through Firelands as of August 17

857 patients treated

MOST COVID PATIENTS AT ONE TIME **48**

0 **FEWEST** COVID PATIENTS AT ONE TIME

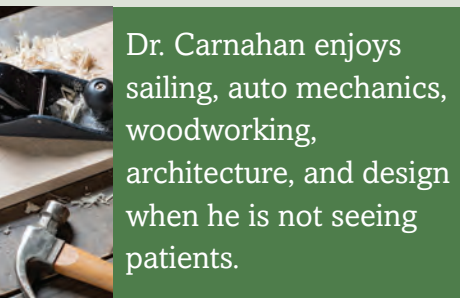
In 2020, Firelands expended **131,941**  labor hours to care for patients in their battle with COVID-19 at an expense of over **\$2.9 Million**

KEVIN CARNAHAN, DO



Kevin Carnahan, DO, recently joined the Firelands Physician Group Sandusky family medicine practice.

Dr. Carnahan has an interest in treating mental health, osteopathic manipulation, and lifestyle interventions. He chose to specialize in family medicine because he enjoys building long-term relationships with his patients, treating a wide variety of pathologies, and practicing preventive medicine. Dr. Carnahan completed his family medicine residency at Firelands Regional Medical Center and his doctorate of osteopathic medicine degree at Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio.



Dr. Carnahan enjoys sailing, auto mechanics, woodworking, architecture, and design when he is not seeing patients.

Dr. Carnahan's office is located at 3006 S. Campbell Street, Sandusky, Ohio, and will be moving to the new Firelands Sandusky Healthcare Center at the end of October.

To schedule an appointment with Dr. Carnahan, call 419-557-5591.

KAMAL CHABAN, MD



Kamal Chaban, MD, recently joined the Firelands Physician Group pulmonary medicine practice of Christopher Avendano, MD, and Heidi Gast, ACNP-BC.

Dr. Chaban has an interest in critical care management, respiratory failure, and asthma.

Dr. Chaban completed his doctorate of medicine degree at the University of Aleppo, Syria, and his residency at Fairview General Hospital, Cleveland, Ohio. He then spent a year doing fellowship training at SUNY Health Sciences Center, Syracuse, New York. He also completed a pulmonary critical care medicine fellowship at the University of Wisconsin, Madison, Wisconsin.



Returning to the Sandusky area, Dr. Chaban is excited to practice pulmonology at Firelands Regional Medical Center. He enjoys woodworking, traveling, soccer, and running.

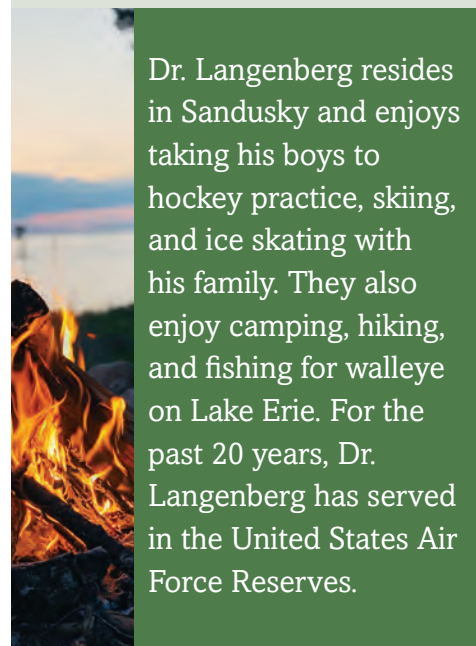
Appointments are by referral only.

MATTHEW LANGENBERG, MD



Matthew Langenberg, MD, recently joined the Firelands Physician Group vascular surgery practice.

Dr. Langenberg's medical interests include peripheral artery disease (PAD), carotid disease, and abdominal aortic aneurysms (AAA). He completed his doctorate of medicine degree at the American University of the Caribbean, School of Medicine, Eastern Caribbean, and his general surgery residency and vascular surgery fellowship at the University of Kentucky, Chandler Medical Center, Kentucky.



Dr. Langenberg resides in Sandusky and enjoys taking his boys to hockey practice, skiing, and ice skating with his family. They also enjoy camping, hiking, and fishing for walleye on Lake Erie. For the past 20 years, Dr. Langenberg has served in the United States Air Force Reserves.

Dr. Langenberg's office is located at 703 Tyler Street, Suite 351, Sandusky, Ohio.

To schedule an appointment with Dr. Langenberg, call 419-621-7620.


KATHERINE (KATY) MCGRAW, APRN, NP-C, ACHPN



Katherine (Katy) McGraw, APRN, NP-C, ACHPN, recently joined the Firelands Physician Group palliative care practice.

Katy's medical interests include symptom management, goals of care discussion, and advance care planning. Katie completed her Master of Science in nursing (MSN) at the University of Toledo, Bachelor of Science in nursing degree at Bowling Green State University/Medical College of Ohio, and her licensed practical nursing degree (LPN) at Sandusky School of Practical Nursing.

Katy started her nursing career at Sandusky Memorial Hospital, working as an LPN. After earning her nursing degree, Katy spent time in the medical surgery unit, obstetrics, oncology, infection control, occupational health, skilled nursing, and rehab. She obtained her MSN in 2010 and worked as a certified nurse practitioner in hospice and palliative care until joining Firelands Physician Group as a palliative care provider in February of 2021. Katy enjoys helping patients with severe, chronic illnesses, managing symptoms, and assisting with advance care planning.



Katy grew up in Huron, Ohio, and still lives there with her husband. She has three sons, two daughters-in-law, and four grandchildren. When not working, Katy enjoys spending time with family and friends, at the beach, walking, kayaking, and gardening.

Katy's office is located at 1221 Hayes Avenue, Suite B, Sandusky, Ohio, and 701 Tyler Street, Sandusky, Ohio.

Appointments are by referral only.

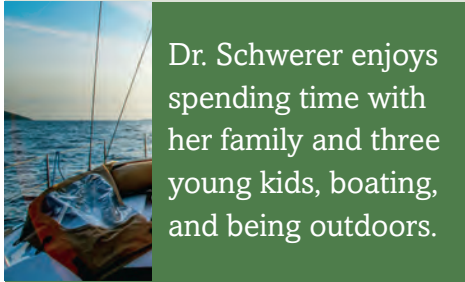
KAITLIN SCHWERER, DO



Kaitlin Schwerer, DO, recently joined the Firelands Physician Group Sandusky family medicine practice. Dr. Schwerer enjoys treating all aspects of family medicine.

Dr. Schwerer completed her family medicine residency at Firelands Regional Medical Center and her doctorate of osteopathic medicine degree at Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio.

Living in the Sandusky area, Dr. Schwerer is excited to treat patients of all ages.



Dr. Schwerer enjoys spending time with her family and three young kids, boating, and being outdoors.

Dr. Schwerer's office is located at 3006 S. Campbell Street, Sandusky, Ohio, and will be migrating to the new Firelands Sandusky Healthcare Center at the end of October.

To schedule an appointment with Dr. Schwerer, call 419-557-5591.

Above and Beyond

The ability to move your body and complete daily tasks can be easily overlooked. That is unless your body begins to have aches and pains that cause daily tasks to become difficult and strenuous. This was true for two patients, Lisa Kehoe and Ed Rusch, who looked to Firelands Physician Group Sandusky Orthopedics for care to aid them in returning to the life they love.

Lisa's Knee Replacements

Lisa Kehoe struggled with knee pain for over 40 years. Seeking a solution, she scheduled an appointment with Dr. James Berry at Sandusky Orthopedics.



"I had one visit and immediately felt confident and very comfortable with Dr. Berry. His questions, information, and overall interest in my condition were genuine. We discussed surgery options that day," Kehoe said.

Dr. Berry performed bilateral knee surgery, after which Lisa received outpatient physical therapy. "The entire experience from pre-testing to release from therapy with Firelands was amazing," Kehoe said.



Lisa also received physical therapy at Firelands to help her on her path to recovery. There, she learned from physical therapists how to best care for herself as she recovered from surgery. Physical therapists gave her the tools and taught skills to aid Lisa in successfully achieving full mobility again.



Lisa said she now feels safer, stronger, and able to take care of herself to enjoy the things she loves thanks to the Sandusky Orthopedics' team at the medical center and physical therapy locations.

Ed's Hip Replacement

Ed Rusch dealt with hip pain that limited his daily activities. Ed scheduled an appointment with Dr. Justin Kelley. Ed said, "At our first meeting, Dr. Kelley spent quite a bit of time with me and he talked directly to me in terms I could understand. We agreed on a date, got the total hip replacement done, and today I am almost completely pain-free."

Ed said that the process from the initial appointment, surgery, to recovery went smoothly. He described the providers at Firelands as "friendly and welcoming".

The orthopedics care team at Firelands is here to care for you in any situation. With their wide range of specialties, our providers have you covered from head to toe.

Orthopedic surgery covers a variety of conditions, including bone and joint conditions, hand conditions, bone tumors, musculoskeletal tumors, and metastatic lesions. Firelands Physician Group Sandusky Orthopedics offers the expertise to diagnose and treat your orthopedic condition.

For more information about the orthopedics' care team at Firelands, visit firelands.com/ortho.



With you every step of the way

Visit our walk-in orthopedic clinic when you need immediate care for sprains and fractures, rather than experiencing a costly emergency room visit.

Firelands Ortho Express is best for non-emergent injuries that happened within 7 - 10 days, and need to be diagnosed and treated quickly such as:

- + Fractures
- + Broken bones
- + Strains & sprains
- + Hand injuries
- + Falls
- + Arm or leg injuries
- + Twisted ankles



FIRELANDS
ORTHO EXPRESS

firelands.com/orthoexpress

1401 Bone Creek Drive | Sandusky, Ohio 44870

Firelands Center for Breast Care, Experience the Difference

Mother, sister, daughter. That's how we treat every woman who walks through our doors for breast care - like she is a member of our Firelands family. The Center for Breast Care at Firelands Regional Medical Center provides a full spectrum of breast care, including digital/3D mammography, breast ultrasound, breast interventions, and bone density testing for those in the surrounding areas. Twice a year, Firelands offers free screenings for the uninsured or underinsured. These free screenings include a clinical breast exam by a Firelands surgeon and mammogram if indicated. Our dedicated team of mammography technicians offers a combined 248 years of experience, or an average of 31 years each. That is a lot of experience!

For many women, getting a mammogram for the first time can be stressful. The fear of the unknown or what the exam may reveal are all common concerns. Even women getting their second, third, or fourth mammogram may experience a little anxiety. Knowing what to expect, where to go, and the importance of getting an annual screening mammogram can help ease your mind.

A mammogram is an x-ray used to check breasts for breast cancer and other abnormalities. Usually, two images of each breast are taken (a front view and a side view). The breast is placed on a platform and positioned. A compression paddle comes down to compress the breast until taut. Compression is needed to get the best image possible. The image is taken, and the compression paddle releases automatically. A patient can complete the entire appointment in about 15 minutes.

That 15-minute appointment can be life-changing for some.



A mammogram is the only test shown to reduce breast cancer deaths. Regular mammograms are the best test doctors have to find breast cancer early, sometimes up to three years before it can be felt. Early detection gives patients the best chance of treating breast cancer with a full recovery.

Guidelines are constantly changing, but it is recommended that women get yearly mammograms beginning at age 40 or earlier if they are at high risk, such as a strong family history of breast cancer or carry the breast cancer gene. Firelands Center for Breast Care accepts self-referral appointments for screening mammograms if the patient is at least 35 years of age and does not have a history of breast cancer or breast complaints. Otherwise, a physician can provide a referral for an annual screening appointment.

The Center for Breast Care at Firelands gives women access to an experienced breast healthcare team and the most sophisticated technology available today.

We are the area's only facility recognized as a "Breast Imaging Center of Excellence" through the American College of Radiology. This honor requires accreditation in digital mammography, stereotactic breast biopsy, breast ultrasound, ultrasound-guided biopsy, and breast MRI. No matter what breast health needs you may have, you will not be alone as you navigate our breast care services.

Our technologists are nationally registered and state-licensed with specialty certifications. A nurse navigator is available to counsel and educate patients, answer questions, and organize health care services or referrals, should the patient require additional appointments.

Firelands also employs community health workers who provide support within the community. While not medical

professionals, these women act as natural support systems for the community. They connect with the local minority and senior citizen populations to identify individuals who need screening and encourage them to get screened. Our board-certified, fellowship-trained radiologists are on-site and available for consultation with a patient, should a problem arise.

Having an annual mammogram at Firelands Center for Breast Care isn't just convenient; it provides continuity of care if a patient needs other procedures performed. Once a patient arrives at Firelands Regional Medical Center, our patient navigator is there to help "navigate" healthcare services and provider referrals. There is no need to worry about where to go, who to see, or what tests to have done. This continuity of care helps ensure prompt diagnosis and treatment between all multidisciplinary team members.

Most procedures can be completed at the same facility. The Center for Breast Care at Firelands performed a total of 264 biopsies in 2019, with 111 of those positive for cancer, and in 2020, 199 biopsies were performed, with 99 of them coming back positive for cancer. Our goal is to provide comprehensive care customized to address each patient's unique needs in one comfortable and convenient location. Our experts provide all-inclusive, coordinated care from outreach and screening to diagnosis, treatment, and survivorship.

For more information about our services or to schedule an appointment at Firelands Center for Breast Care, call 419-557-7840.



BUSY Bags

"Firelands' associates do an amazing job spending time with inpatients and helping them work through their illness, both mentally and emotionally," mentioned Liz Woodyard, a registered nurse at Firelands Regional Medical Center. Liz is a faculty member of the Firelands School of Nursing who returned to the nursing floors during the pandemic to help out. She said, "One theme I noticed among patients was a sense of loneliness and boredom. The lack of visitors due to COVID-19 restrictions house-wide left patients feeling more isolated and secluded than ever."

Boredom, however, is not a new issue experienced by those confined to a hospital bed. Traditionally, Firelands' patient advocates have worked to comfort patients by keeping books and activities on hand to provide to patients. However, most patients did not know these items were available.

Liz partnered with nursing leadership to address patient boredom. A team was formed to tackle the problem, and the "Busy Bag" was created.

"Busy Bags" each contain an activity book comprised of word puzzles, Sudoku (math enigmas), and adult coloring pages. Also available to patients upon request are items like reading material, playing cards, colored pencils, Bibles, notebooks, and journals.

Firelands "Welcome Guide," provided in each patient room, includes information on where to call should a patient need items delivered to their room. Television and online entertainment, health-related education videos, relaxation videos, on-demand movies, and internet access are also free amenities to patients at Firelands.

Although boredom can be a sign of feeling better, it also can lead to patients feeling anxious, lonely, and sad. Activities can be a healthy distraction to help patients take their minds off their current circumstances, lower anxieties, and lift their spirits, which help promote healing.

FIRELANDS - Delivering Life's Best

Good things are constantly born from the Firelands Center for Women and Newborns, and of course, none better than the arrival of each precious newborn. Nevertheless, many other happenings come forth from this care unit, too.



years old, for the coming of their new brother or sister. "Breastfeeding Basics" teaches parents to breastfeed successfully and learn its benefits. Find these class schedules in the community calendar in the back of this Feel Better or at firelands.com/classes-events.

When the time comes for your baby's arrival, Firelands staff is here for you. "Our staff is truly caring individuals who are well-qualified, trained, and patient-centered," said the Director of the Center for Women and Newborns Jennifer Rickard, MSN, RN. She expressed, "We are proud and honored to partake in providing care as families welcome their little ones into this world." Furthermore, to support your family's health and well-being during all stages of pregnancy, as well as after delivery, Firelands collaborates with multiple agencies in Erie County.



Brahms' "Lullaby"

News of a newly born baby universally cultivates joy. Firelands felt the world could use more of this joy, and decidedly, in 2021, reinstated a previously retired tradition. Following each new baby's arrival, the Brahms' "Lullaby" tender melody floats throughout the hospital. On occasion, one hears the tune play twice. You can only guess what that means - twins!

Preparing Growing Families

A newborn's arrival impacts the entire household. To assist growing families, Firelands offers various classes, beginning with courses covering childbirth and caring for newborns. The "Happiest Baby on the Block" class provides methods to soothe even the fussiest babies. The "Sibling Course" is an adorable and fun-packed program to ready your other children, ages two to eleven

Getting a Healthy Start

Firelands is committed to aiding a healthy start for newborns. For this reason, the hospital encourages mothers to breastfeed if possible. The benefits of breastfeeding seem unending. Julie Flesher, RN, a lactation consultant at Firelands, provided some insight, "An exclusive breastmilk diet is so essential for an infant's immune system in the short and long term. It helps to program their immune system for life." Human breastmilk digests easily and is the ultimate source of nutrients for infants. The milk is full of antibodies and immune protection.

Firelands lactation team is in-house seven days a week. These nurses coach and educate parents through the breastfeeding process. Bedside consultations are provided to all nursing mothers



while hospitalized. Nurse Flesher noted, “A few days after discharge, an outpatient lactation clinic is also available for follow-up visits for breastfeeding patients, or if needed, multiple visits for those having difficulties.” The outpatient clinic is available even if the delivery did not occur at Firelands. For continued support, there is a weekly support group for breastfeeding mothers.

Donor Breast Milk

Some mothers are unable to nurse their babies or produce enough milk. In contrast, other mothers make more milk than needed and donate it to a

milk bank. It is a beautiful and selfless act in which one mother helps another provide nature’s most perfect food for their infant children.

Firelands recently partnered with OhioHealth Mothers’ Milk Bank, which follows strict guidelines to ensure the safety of banked human milk. The milk is readily available for mothers in need of donor milk for their infant short-term, or as a temporary supplementation during the first one to two months of life. To either donate milk or be a recipient of the milk, call Firelands at 419-557-7596.



Delivering Our Thanks

Through the years, countless babies have arrived into this world at Firelands. Several thousands of those babies have been delivered by the hands of William “Bill” Bruner, MD, who recently semi-retired. Dr. Bruner is one of the best known and one of the best OB/GYNs in the region. After delivering more than 10,000 babies, he retired from obstetrics in 2021, although he continues the gynecology portion of his practice.

“Dr. Bruner has been a staple in our community for over 43 years, delivering newborns and caring for women,” Jennifer Rickard stated. “He exemplifies compassion in his care and everyday life, which endears him to patients, staff, and the hospital as a whole. His presence, kindness, and skill know no bounds and will be truly missed.” Paring back his practice gives Dr. Bruner more time to enjoy his own three daughters and their families. The esteemed doctor leaves a far-reaching heritage of thousands of families in which he helped begin and foster. Dr. Bruner expressed, “It’s been a privilege to serve my community over the years. It has been very satisfying to watch and share in the excitement and joy couples experience during the arrival of a new child.”

Ten thousand thanks, Dr. Bruner!



Celebrating Diversity

at Firelands Health

Our medical staff represents over

17 countries

across the world. Cultural diversity in healthcare is important to ensure different ethnicities, beliefs, and perspectives are adequately represented. Physicians from different cultures and backgrounds bring their own unique perspectives to share with patients and others in the medical field. Different viewpoints allow for the improvement of patient care processes and helps providers be more understanding and responsive to patients' needs.

Keep a lookout for our winter 2022 edition of *Feel Better* where we will introduce you to some of our physicians from around the world.





Firelands Among Ohio's Top Independent Hospitals by Newsweek

Newsweek recently highlighted Firelands Regional Medical Center as one of Ohio's outstanding healthcare providers through its World's Best Hospitals 2021 list. Firelands was among 22 other Ohio hospitals and is one of only three single-hospital independent health systems in Ohio to make the prestigious list. The list's primary purpose, according to Newsweek, is to guide and direct patients to the premier places offering the best care. It also serves as a benchmark for other hospital networks to measure their performance.

Firelands was also honored for its infection prevention measures, which means Newsweek recognized Firelands for low infection rates due to its commitment to cleanliness.

For details on the criteria used and view hospitals included in the list, go to [newsweek.com/best-hospitals-2021](https://www.newsweek.com/best-hospitals-2021).



Practicing Good Self-Care to Avoid Burning Out

A great deal of research has been conducted on burnout among “helping professionals” - teachers, physicians, nurses, therapists, first responders, etc. However, burnout can happen to anyone in any field. Burnout causalities are likely to be more prevalent than ever, given the added strain of trying to manage the demands of work and home life during a pandemic. Michelle Clinger of Firelands Counseling & Recovery Services provided tips on best managing stress to avoid burnout.

The primary symptoms of burnout are emotional exhaustion, negative attitudes about work, and negative self-evaluation about one’s effectiveness (Morse et al., 2012). Burnout can often be happening to us without us even being aware. Others often notice the changes in our behavior before we realize the problem.

Practicing good self-care regularly can help prevent or reduce the effects of burnout. Here are some simple self-care strategies:

DEEP BREATHING

Get into a comfortable body position and then inhale deeply through the nose over the count of four, hold your breath for the count of four, then slowly exhale through your mouth over the count of four, and then hold for the count of four. Then repeat the process. Deep breathing is a great tension reliever.

MINDFULNESS

This is the practice of focusing on the present. We often get overwhelmed by thoughts of the many stressors occurring in our lives. While at work, we think of tasks that need to be accomplished at home and vice versa. Shifting our attention to the present stops this flood of thoughts and worries. You can stop and intently examine an object near you for a few minutes to relax and refocus your attention. As you pay attention to an object, use as many senses as possible. It does help to “stop and smell the roses!”

NOTICE THE POSITIVES

Take a moment to stop, embrace, and celebrate something positive that exists in your life or that you have accomplished lately.



SOCIAL SUPPORT

Spend time with a loved one with whom you can express your thoughts and feelings when you are feeling stressed.

MAKE TIME FOR FUN

Initiate fun activities at home with your family members or at work with your co-workers.

DISCARD PERFECTIONISM

Know that it is okay not to be perfect in all that you do. You are going to make mistakes. Everyone does.

SET APPROPRIATE BOUNDARIES AND LIMITS

When you are feeling overwhelmed, it is okay to respectfully say no to others’ requests and explain that you are too overloaded at this time.

SEEK OUT PROFESSIONAL HELP

If symptoms of burnout should become overwhelming, professional help may prove beneficial. Firelands’ Crisis Hotline is available 24/7, 365 days a year. You don’t have to be in a crisis situation to call the hotline; you can call when you need someone to listen. The number is 800-826-1306.



Michelle D. Clinger, PhD, LPCC, is the clinical director of Firelands Counseling & Recovery Services. She is a licensed psychologist and a licensed professional clinical counselor.

THE BEST PARTY EVER

Charity Lip Sync Battle and After Party

Join us October 16, 2021, for a FUN and unforgettable evening in support of healthcare at Firelands Health. The Best Party Ever is sure to be a crowd-pleaser with live music from the band Rock The House Live that "WOW-ed" the crowd on New Year's Eve at Celebration 2020!

This gala-style event will feature a live auction, silent auction, delicious food, signature drinks, and more fun that will leave you saying, "that was the best party ever!" Purchase your tickets or sponsorship today! Tickets are \$150 per person and include:

- A full open bar
- Entertainment
- A tax-deductible donation to enhance patient care and the health of our community

Your sponsorship means the world to patients who are battling a serious medical condition. Sponsorship opportunities are available and are an excellent way to show your support. Sponsorships start at \$500 for a couple (2 guests) or \$2,500 for a table. Sponsorship opportunities and tickets are on sale now. Purchase online at firelands.com/bestparty or by calling 419-557-7150.

The fun-filled evening will include a "Lip Sync Battle" competition, similar to the series on "Spike TV" featuring celebrity contestants. The Foundation for Firelands takes the viral sensation to the next level by showcasing local celebrities from the Sandusky area. Following the show, dance the night away to Rock The House Live!

Want to know who will be on stage battling it out in the lip sync competition? You'll have to come to the event to find out!

Firelands Health is actively monitoring the incidence of COVID-19 in our region. Due to the concern for the safety of our guests, this event may be postponed to a later date.



WOMEN and 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 Avenue, Sandusky

8:30 am - 4 pm

Cost: \$65

• **Saturday, September 25**

Visit firelands.com/classes-events or 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, October 16**

• **Saturday, November 20**

• **Saturday, January 15**

• **Saturday, February 19**

Visit firelands.com/classes-events or 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

6 - 8:30 pm

• **Wednesdays**

September 29, October 6, 13, 20

• **Tuesdays**

November 2, 9, 16, 23

• **Wednesdays**

January 5, 12, 19, 26

• **Wednesdays**

February 2, 9, 16, 23

6 - 9 pm and

9 am - 4 pm

• **Friday and Saturday**

December 3 & 4

Visit firelands.com/classes-events or 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.

Firelands South Campus

1912 Hayes Avenue, Sandusky

Cost: \$10

Friday & Saturday Course:

Attend Saturday only,

9 am - 3 pm

Weekday Course:

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

Visit firelands.com/classes-events or call 419-557-7840 to register.

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 Avenue, Sandusky
12:30 - 2:30 pm

• **Wednesday, October 13**

• **Wednesday, December 8**

• **Wednesday, January 19**

6 - 8 pm

• **Wednesday, November 10**

• **Tuesday, February 22**

Visit firelands.com/classes-events or 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, October 23**

Visit firelands.com/classes-events or call 419-557-7840 to register.



STORK EXPRESS

Free program designed to give pregnant women the opportunity to start on paper work 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, October 9**

• **Saturday, November 13**

• **Saturday, December 11**

Visit firelands.com/classes-events or 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

Denise Young, 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 Zeft, 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



FREE BREAST CANCER SCREENING

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

Firelands Center for Breast Care

703 Tyler Street, Suite 152, Sandusky

9 am - 12 pm

• Saturday, October 23

Call 419-557-7840 to register.

HEALTH AND WELLNESS SCREENINGS

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

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

7 - 9:30 am, appointments required

- Saturday, October 9
- Saturday, November 6
- Saturday, December 4
- Saturday, January 15
- Saturday, February 19

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



EDUCATION



AUXILIARY/GIFT SHOP SALES and EVENTS

BOOKS R FUN

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

Firelands Main Campus

1111 Hayes Avenue, Sandusky
• **Thursday, October 21 and Friday, October 22**

OUTSIDE THE BOX

Shop the latest in shoes for healthcare workers or office workers.

Firelands Main Campus

1111 Hayes Avenue, Sandusky
• **Wednesday, November 10, Thursday, November 11, Friday, November 12**

MASQUERADE JEWELRY SALE

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

Firelands South Campus

1912 Hayes Avenue, Sandusky
• **Monday, December 13**
• **Tuesday, December 14**

Firelands Main Campus

1111 Hayes Avenue, Sandusky
• **Wednesday, December 15**
• **Thursday, December 16**
• **Friday, December 17**

BASIC LIFE SUPPORT (BLS)

This AHA course is for healthcare providers who respond to cardiovascular and respiratory emergencies. A two-year certification card will be issued upon successful completion.

Firelands South Campus

1912 Hayes Avenue, Sandusky
Cost: \$55, includes textbook
8 - 11:30 am

- **Thursday, September 30**
- **Tuesday, October 5**
- **Wednesday, October 20**
- **Tuesday, November 2**
- **Wednesday, December 1**
- **Wednesday, January 26**
- **Tuesday, February 1**
- **Thursday, February 24**

1 - 4:30 pm

- **Monday, November 22**
- **Monday, December 6**
- **Tuesday, January 4**
- **Thursday, January 20**

Visit firelands.com/classes-events or call 419-557-6740 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, November 6**
- **Saturday, February 26**

Visit firelands.com/classes-events or call 419-557-7840 to register.



HEARTSAVER FIRST AID WITH CPR/AED

This AHA combo course teaches the chain of survival including first aid basics, plus all CPR components and AED training. A two-year certification card is issued upon successful completion. This course is intended for anyone needing certification in CPR who is not a healthcare provider.

Firelands South Campus

1912 Hayes Avenue, Sandusky
8 am - 12:30 pm

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

- **Wednesday, October 13**
- **Wednesday, November 10**
- **Wednesday, December 15**
- **Wednesday, January 12**
- **Wednesday, February 9**

Visit firelands.com/classes-events or 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 and Wednesdays**
October 25 - November 22
5 - 7 pm

• **Mondays**

January 10 - March 7
12:30 - 2:30 pm

Visit firelands.com/classes-events or 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

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

2 - 3 pm

• **Wednesday, October 13**

1 - 2 pm

• **Wednesday, January 12**

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

• **Friday, September 24**

• **Friday, October 8**

• **Friday, October 29**

• **Friday, November 12**

• **Friday, November 26**

• **Tuesday, December 28**

COMMUNITY EVENTS

SAVE YOUR PUMPKINS 5K RUN/WALK

Saturday, October 9

Hosted by the North Coast Healthcare Collaborative

(The Bellevue Hospital, Firelands Health, Fisher-Titus, and Magruder Hospital)

All proceeds will benefit foundations at each of the North Coast Healthcare Collaborative health systems. Funds will be used for patient support, breakthrough equipment, and research to prevent, diagnose and cure breast cancer. Donations are also encouraged from friends and family who will not be participating in the race.

Race Details

When: Saturday, October 9, race begins at 9 am

Where: Battery Park, 701 E. Water Street, Sandusky

Cost: Pre-registration: \$20 (register by September 26 to receive a free t-shirt);

Day-of registration: \$25

To register: visit <https://runsignup.com/Race/OH/Sandusky/SaveYourPumpkins5kRunWalk>

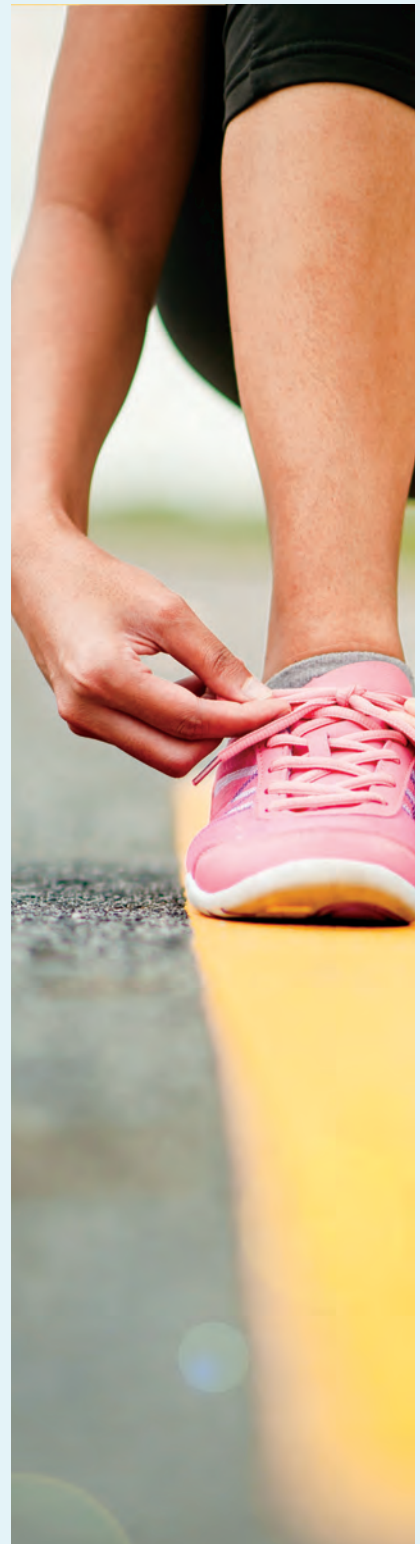
Runners finishing in the top 3 in each age group will receive awards.

Packet Pickup

When: Friday, October 8 from 4 - 7 pm

Where: North Shore Running Store, 178 E. Market Street, Sandusky

Also available race day at 7:30 am



We are actively monitoring the incidence of COVID-19 in our region. Due to the concern for the safety of our guests, the event date is subject to change or cancellation. If the event date is changed, the registration fee shall be applied to the new event date. If this event is cancelled, the registration fee will not be refunded.



Halibut

with fire-roasted
summer vegetables

PREP TIME: 25 MINUTES
SERVINGS PER RECIPE: 4

Ingredients:

- 4 ears of shucked corn
- cooking spray
- 3 cups cherry tomatoes, divided
- 2 tablespoons canola oil, divided
- 4 ounces shallots, peeled and halved lengthwise
- 1 teaspoon kosher salt, divided
- $\frac{3}{4}$ teaspoon black pepper, divided
- 4 (6 ounce) halibut fillets, skinned
- 2 teaspoons balsamic glaze
- 2 tablespoons chopped fresh basil (optional)

Directions

1. Preheat grill to medium (350 - 400°F).
2. Coat corn ears with cooking spray. Place 1 cup of tomatoes, 1 tablespoon canola oil, and shallots into a medium bowl. Toss to coat. Place tomato mixture into a grill basket.
3. Add corn to grill and cook 6 minutes or until lightly charred, turning occasionally.
4. Add grill basket with tomato mixture to grill and cook for 4 minutes or until tomatoes blister and turn lightly brown.
5. Cut corn kernels from corn cobs, discard cobs. Coarsely chop cooked shallots and set aside.
6. Place grilled tomatoes, remaining 1 tablespoon canola oil, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper into a food processor or blender. Blend until smooth.
7. Coat halibut fillets with cooking spray and sprinkle with $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Add fillets to grill and cook for 3 minutes on each side. Remove from grill and keep warm.
8. Slice remaining 2 cups of cherry tomatoes in half.
9. Combine corn, shallots, fresh tomatoes, and 2 tablespoons of pureed tomato mixture in a large bowl. Add remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.
10. Serve 1 cup of corn mixture with each halibut fillet. Top with 1 tablespoon pureed tomato mixture and $\frac{1}{2}$ teaspoon of balsamic glaze. Garnish with basil, if desired.



NUTRITION INFORMATION PER SERVING

Calories	400 calories
Protein	42 grams
Total Fat	15 grams
Saturated Fat	2 grams
Monounsaturated Fat	7.5 grams
Polyunsaturated Fat	4 grams
Carbohydrate	25 grams
Fiber	4 grams
Sodium	690 milligrams
Phosphorus	580 milligrams
Potassium	1410 milligrams

Nutrition Information compiled from the USDA's Food Data Central for standard reference, accessed 05/20/21.