

WINTER  
2022 - 2023

# FeelBetter

WITH FIRELANDS HEALTH



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## School of Nursing

# Improving the lives we serve

My name is Neil Trautman. I have been an LPN for 11 years; before that, I was an STNA for two years. I've been working at the Firelands emergency department since 2019 and attending the LPN-RN bridge program at the Firelands School of Nursing since August 2021. I've been passionate about nursing ever since I started in the field at the age of 17.

My classes at the school of nursing have benefited my current nursing practice greatly by enhancing my overall assessment and critical thinking skills.

Since I have the unique ability to work as a nurse while going to school, I can utilize and implement what I have learned in real time outside of school and clinicals. The school of nursing program works well with my job and life schedules. Also, the team in the emergency department has been exceptional with my work schedule to make my schooling as easy as possible.



# Volunteer

and be a part of our Firelands family



The volunteers at Firelands Regional Medical Center make a difference in our community. Last year, our team of volunteers shared 15,000 hours of their time with Firelands, which equates to nearly \$500,000 in payroll. You can join our Firelands family by becoming a volunteer and playing a central role in providing compassionate care and improving the lives of the patients and families we serve.

Let us know your interests, and we can match you with a volunteer opportunity. Like to sew? Consider making hats, gloves or scarves. Want to work in one of our three gift shops? Volunteer as a cashier or stock new items. Let us know if clerical assistance or special projects align with your skills. Volunteers are essential at the information desk, assisting patients and visitors, delivering flowers and mail, and helping transport guests.

See how you can share your time in a meaningful way. For more information about becoming a Firelands volunteer, call 419-557-5469.



# Veterans, Thank You

Firelands Health is proud to employ more than 50 veterans of the United States Armed Forces, representing four branches of the military. We would like to honor and pay tribute to those who served our nation for the greater good. Thank you for your service. Because of your bravery and selflessness, U.S. citizens are afforded the freedoms denied to citizens in other parts of the world. Francis Scott Key said it best in 1814 when he wrote a poem which was later set to music and in 1931 became America's national anthem, "The Star-Spangled Banner."

**"O say, does that star-spangled banner yet wave  
O'er the land of the free, and the home of the brave."**

## Star Spangled Banner

National Anthem of the United States

Francis Scott Key

John Stafford Smith

O say, does that star-spangled banner yet wave  
O'er the land of the free, and the home of the brave.



# DIALYSIS for Life

**If you met Jervaughn Eppse or Greg Koehler on the street, you wouldn't know either man has health issues. Yet, both spend about 10 to 12 hours a week attached to a dialysis machine, which is vital for those whose kidneys no longer work well.**

Chronic kidney disease (CKD) occurs when kidneys are damaged and cannot filter out impurities and water through urine. "Excess fluid and waste products remain in the body and cause many health problems. Dialysis is required when 85-95% of kidney function is lost and unable to sustain life," explains Julia Colavincenzo, R.N., director, Firelands Health Dialysis Center.

"I first realized something was wrong when my ankles kept swelling," states Greg Koehler, a dialysis center patient. "I was surprised when learning I was in advanced stages of kidney failure. Soon thereafter I began dialysis treatments three days a week. Initially, I was pretty depressed. Although in time I learned I can still do most things."

Julia notes, "About 30% of patients on dialysis experience depression. Dialysis can help CKD patients carry on an active life, but it is tough. Patients must come to terms with the disease and adapt to a new way of life." Firelands Dialysis Center has a dedicated team to support patients,

including a specialized clinical team, a dietitian, social services, and counseling services through Firelands Behavioral Health if needed.

Greg's history of high blood pressure likely was the reason for his kidney damage. Julia notes, "Diabetes and high blood pressure are the most common causes of CKD." Kidney disease affects more than 1 in 7 American adults, yet many don't even know they have the disease until it is advanced. Symptoms of CKD include nausea, vomiting, loss of appetite, fatigue or shortness of breath. Other indicators can be anemia, swelling of the legs, or itchy skin.

Although kidney disease is more frequent in older adults, it can strike at any age. 28-year-old Jervaughn Eppse was diagnosed with CKD as a teenager. Jervaughn recounts, "I had a tooth infection, and my blood pressure at the dentist's office was so high I was sent to the hospital where I learned I had CKD. Initially, I treated with oral medications. Then after five or six years, in my early 20s, my kidneys began to fail. My body would not release fluids and I would become so swollen from water retention it made life miserable. I began dialysis, and opted to do home (peritoneal) dialysis, [a different type of dialysis]."

According to the Centers for Disease Control and Prevention, every 24 hours, 360 new patients begin dialysis. The two most common types of dialysis are hemodialysis and peritoneal. Hemodialysis is typically done in clinics, requiring surgery to create a "fistula," or passage, in the



arm by connecting an artery and a vein. The fistula allows blood to travel through the artificial kidney/dialysis machine and back to the patient.

Peritoneal dialysis requires a tube be placed in the belly. Sterile fluid fills the belly via the tube. The fluid dwells for several hours to allow for filtering, then is drained out. Peritoneal treatments can be done at home, while working, traveling or sleeping, although it isn't for everyone. As of 2019, only 12.6% of patients performed dialysis at home.

In 2020, Jervaughn received a kidney transplant, which was initially successful, and he no longer needed dialysis. He stated, "Unfortunately, the new kidney failed in 2021, and I again require

dialysis." This time, he opted to receive his dialysis at Firelands Health Dialysis Center. Jervaughn is back on the waiting list for another new kidney.

"For me, the biggest challenge being on dialysis is time. My days revolve around my dialysis schedule where I spend nearly four hours, three days a week," states Jervaughn. Additionally, he attends school in the evenings four days a week, and works on his off days from dialysis. He notes, "There are times following dialysis I feel extremely tired depending on the amount of fluid drawn off my body."

Greg shared the toughest thing for him is holding to the restriction of fluids. He avoids salty foods to suppress his thirst and so not to retain water. Julia explains, "Many dialysis patients urinate very little. The fluid they take in, for the most part, sits in their body until the next dialysis treatment. Most are only allowed about 40 ounces or less of fluid daily."

Jervaughn encourages dialysis patients, "Don't give up! Going to your dialysis appointments are crucial if you want to live to see your family and loved ones. After dialysis you feel better and are good to go again in life for a couple of days." Both men agree maintaining a positive attitude is key to living well on dialysis.

Whether you have been undergoing dialysis for some time or are new to the procedure, Firelands Health will ease your fears and concerns with a special level of care combined with leading-edge technology. To learn more, call 419-557-7228.

## GLORIA JOHNS, DO



Gloria Johns, D.O., recently joined the Firelands Physician Group Sandusky family medicine practice. Dr. Johns earned her doctor of osteopathic medicine at Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. She completed her residency in family medicine at University Hospitals St. John Medical Center in Westlake, Ohio.

Dr. Johns chose family medicine because she enjoys the long-term relationships established with her patients and their well-being, from newborns to the elderly.

Dr. Johns' office is located at the Firelands Sandusky Healthcare Center, 2520 Columbus Ave., Sandusky. To schedule an appointment with Dr. Johns, call 419-557-5591.



**Dr. Johns enjoys spending time with her family and young daughter, camping, kayaking and paddle boarding.**


## OBAYDAH DAR OMAR, MD



Obaydah Dar Omar, M.D., an HNI Healthcare hospitalist, is a part of the team at Firelands Regional Medical Center.

Dr. Omar received his doctor of medicine at Al-Quds University in Palestine, Jerusalem. He completed his internal medicine residency at Flushing Hospital Medical Center in Flushing, New York.

Making a change in people's lives by helping them feel better is why Dr. Omar chose to go into medicine. He is the first member of his family to become a physician.



**Traveling, watching movies and playing basketball are activities Dr. Omar enjoys. He and his wife have a young son.**


## SHAWN WARNER, DO



Shawn Warner, D.O., an HNI Healthcare hospitalist, is part of the Firelands Regional Medical Center team.

Dr. Warner earned his doctor of osteopathic medicine at the Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio. He completed his residency in internal medicine at Detroit Medical Center - Sinai Grace Hospital in Detroit, Michigan. His first year of residency was at Firelands Regional Medical Center.

"I used to work in a factory, and I read a lot in my free time," Dr. Warner said. "One day, I picked up an anatomy book and became fascinated with the human body. When I was laid off in 2008, I decided to pursue a career in medicine."



**Dr. Warner enjoys spending time with his wife and baby, gardening, woodworking and making model ships.**

RILEY  
BINKS, APRN-FNP



Riley Binks, APRN-FNP, has joined the Firelands Physician Group Sandusky family medicine and sports medicine practice. Riley received his Bachelor of Science in nursing from Ohio University in Athens, Ohio. He completed his Master of Science in nursing at the University of Cincinnati in Cincinnati, Ohio.

Riley sees patients at the Firelands Physician Group office of Matthew Widmer, D.O., located at the Firelands Sandusky Healthcare Center, 2520 Columbus Ave., Sandusky. Call 419-557-5591 to schedule an appointment.

Riley began his career in medicine as a combat medic in the Army, serving his fellow soldiers. He's active in the Ohio National Guard and has served our country for 20 years. Riley enjoys spending time with his family as well as running, camping, kayaking, hunting and horse riding.

RYAN  
SCOVANNER,  
FNP-C



Ryan Scovanner, FNP-C, has joined the Firelands Physician Group gastroenterology practice. Ryan received his Bachelor of Science in exercise science from Capital University in Columbus, Ohio. He completed his Master of Science in nursing leadership and his family nurse practitioner certification from The University of Toledo in Toledo, Ohio.

Ryan's interest in gastroenterology stems from his youth. When he was young, he had a cousin born prematurely with subsequent gastric complications.

Ryan sees patients at the Firelands Physician Group gastroenterology office of Lawrence McCormack, M.D., and Cameron Ditty, M.D. The office is located at 703 Tyler Street, Suite 151, in Sandusky, Ohio. A referral is not required. To schedule an appointment, call 419-627-0207.

In his spare time, Ryan enjoys traveling, working out, raising animals and the amenities of Ohio's north coast.

ELENA  
TUROVSKAYA,  
APRN-FNP-BC,  
MSN



Elena Turovskaya, APRN-FNP-BC, MSN, joined Firelands Physician Group as a nurse practitioner in inpatient rehabilitation. Elena earned her Bachelor of Science in nursing from The University of Akron in Akron, Ohio. She completed her Master of Science in nursing and family nurse practitioner board certification at Chamberlain University. Her career began at Firelands Regional Medical Center in 2013 as an R.N. in the medical/surgical unit.

Elena chose the medical field to help others and make a difference in their lives; she believes she is in one of the most rewarding professions.

Elena, her husband, and their two sons like to travel, boat, and spend time with family and friends. She also enjoys cooking and baking.

# Joshua Otiso

## Employee Spotlight



**Joshua Otiso, MBA, MPH, MLS, was recently hired as the director of laboratory services at Firelands Regional Medical Center.**

Joshua was born and raised in Kenya, East Africa. He has three brothers and three sisters. His father was an elementary school principal, and his mother was a homemaker. He grew up on a small farm that his parents purchased shortly after they were married. Joshua states, "In more ways than one, that farm greatly contributed to who my siblings and I are today. My parents unequivocally believed that education was the key to transforming our future and they sacrificed a lot to educate us. Even though my father was employed, he did not earn enough to educate us all. We all worked on the farm, either growing crops or rearing animals like cattle, sheep, goats, and chickens that would then be traded to pay for our education."

In Joshua's village, completing primary school education was something to celebrate, but his parents wanted more for them. All of Joshua's siblings graduated college and now work in computer science, medicine/medical research, allied health and education. He is humbled to say that his family is the first family in his village to achieve such an accomplishment.

After graduating high school, Joshua enrolled in a diploma course in medical laboratory technology, the equivalent of an associate degree in the United States. This is where his love for working in a hospital laboratory was born. It was hard to secure a job without experience, so Joshua began volunteering at a hospital laboratory after graduating. Meanwhile, he applied to Bowling Green State University, was accepted to pursue

an undergraduate degree in medical laboratory science and moved to the U.S. to continue his education. Upon graduation, Joshua got a job at Cleveland Clinic's microbiology laboratory. After working for one year, he enrolled in a master's in public health program at The University of Toledo. Joshua took classes in the evening and worked nights at Blanchard Valley Hospital in Findlay, Ohio. Upon completing the program, he rejoined the Cleveland Clinic laboratory, where he spent the last 12 years working in various roles, including as a research regulatory quality assurance coordinator for cancer research programs.

When asked why he was interested in the position at Firelands Regional Medical Center, Joshua replied, "There is a great camaraderie at Firelands and a deep sense of care for the patients. The community feel of working here versus being in a large hospital system is appealing."

Joshua's favorite part of the job is engaging with his team and finding solutions to issues. "I love seeing my team members succeed, and I will do my best to achieve that goal. The laboratory crew at Firelands is extremely talented, and it is an honor to work with them." Joshua adds, "Knowing that our work leads to better care of our patients brings me joy."

**Outside of work, Joshua enjoys playing pickup soccer, walking or running in local parks, and traveling with his family.**



# Sick of germs?

Germs have an unhealthy reputation, although some are helpful. The two most common germs – bacteria and viruses – are everywhere. They're microscopic in the air, on your skin and in your body. Germs invade our bodies through our mouth, eyes, nose or openings in our skin.

How viruses and bacteria infect differs. Bacteria usually sticks to one part of the body, like strep throat or urinary tract infections. Viruses are even smaller and spread throughout our bodies and cause infections like influenza and COVID-19.



## How germs spread

- Indirect contact
  - Touching door knobs
  - Touching shopping carts
  - Keypads
- Direct contact
  - Handshake
  - Kiss
  - Sharing cups or eating utensils
- Droplets from coughing or sneezing
- Touching objects and surfaces that have germs, then touching your eyes, nose or mouth



## How to protect yourself from germs

- Disinfect frequently touched surfaces and objects, like faucets, door knobs and cutting boards.
- Wash your hands well and often with soap and water or a hand sanitizer that is at least 60% alcohol:
  - before preparing food and before eating
  - after blowing your nose and coughing or sneezing into your hand
  - after changing diapers
  - after using the restroom



## Did you know?

- Your hands spread nearly 80% of germs.
- Hands spread more germs when they are damp than when dry.
- Sneezes can travel up to 100 mph.
- The inside of your elbow can fully cover a cough or sneeze.
- Germs can live on fabrics for 8 to 12 hours.
- Laundering with hot water and detergent with disinfectant or bleach kills germs.

*Nataliya Bumagina, M.D.*

# The Journey of an Eastern European



Nataliya Bumagina, M.D., a pediatrician with Firelands Physician Group since 2004, is grateful to be a U.S. citizen and a physician in America.

Dr. Bumagina was born in Vinnytsia, a medium-sized city in central Ukraine, living and working as a doctor there until immigrating to the United States in 1998. She speaks two languages in addition to English - Russian and Ukrainian. Dr. Bumagina recalls wanting to be a doctor from a very young age. Her aunt was a pediatrician, her uncle was a surgeon, and her mother was a nurse. Her dad died from melanoma when she was 13 years old, which cemented her desire to become a physician.

Dr. Bumagina went to a specialized school in Vinnytsia, where she was fortunate to start learning English in the first grade. Unlike the 12-grade system in the United States, children in Ukraine attended school for only 10 years. "It was a completely different education system in Ukraine at that time," Dr. Bumagina stated. Upon graduation, she understood written English well, but it was necessary to hone her spoken English upon arrival in the U.S.

"College was free but solely based on the 10 years of primary school performance. We had a grading system between the numbers one and five, with five being the highest (equivalent to an A+). If a student completed all 10 years of school without receiving anything lower than a five, they were a gold medal recipient. Gold medal recipients had the opportunity to take one exam, and if they passed with a high score, they could enroll in medical school or another university." Dr. Bumagina said, "Students could not apply to

# Physician to the United States



multiple colleges, and there was no concept of an undergraduate degree. If students did not pass, they had to wait an entire year to try again.”

Through hard work and dedication, Dr. Bumagina became a gold medal recipient, passed the exam, and enrolled in Vinnytsia Medical University at the age of 16. Medical universities had two departments at the time, a general medicine department and a pediatric department - students selected one at the beginning of their enrollment. Medical school in Ukraine was similar to medical school in the United States, except the rotation concept was slightly different, and residency training was not as intense. Dr. Bumagina graduated medical school with the highest honors - “I have been a pediatrician from the age of 16,” she usually jokes.

“After graduating, jobs were difficult to find, so I started working as a district pediatrician. I had scheduled hours in the clinic for mostly well-baby visits and saw sick children in their homes. It entailed a lot of walking and stairs and managing through tough snowy winters. There was also a separate infectious disease room in the clinic where children from all the districts received immunizations. At the time, there were limited drug options

and no baby formula or food. However, because the medical services were free, physicians were not paid well. My salary was approximately \$30 per month,” Dr. Bumagina said.

Dr. Bumagina was eventually accepted into a program similar to an endocrinology fellowship. When the Chernobyl catastrophe happened, there was a need to screen children for thyroid pathology. “The last year or two before immigration, I worked part-time as an endocrinologist, screening children for thyroid-related problems.”

“The 1990s were a tough time economically with very few job opportunities in Ukraine,” Dr. Bumagina said. “For example, my husband, a senior division plant manager, did not receive his salary for a year. His employer paid him with bags of sugar or potatoes.” Dr. Bumagina, her husband, and her son lived in a two-bedroom apartment with her mother and stepfather. Space was tight, and hot water was a problem. Bathwater had to be heated on the stove. Due to economic issues, Dr. Bumagina and her family decided to immigrate to the U.S.

“My cousin and his family had immigrated to Cleveland and helped us receive a visa. It was the best decision ever,” states Dr. Bumagina.

**Coming to the States was not easy. Many of her family's belongings sent from Ukraine were on a ship that sank. The family did not have much and had to start from scratch.**

“My husband started working as an assembler a few months after our arrival without knowing much English,” Dr. Bumagina said. “We would go to English classes in the evenings. I was preparing for my recertification exams in the U.S., so I was not formally working. I could not afford to take classes, so I bought books and studied at home while caring for the family. We lived on eight dollars an hour for a long time. I know what it is like not to have food on the table.”

Despite all the challenges, Dr. Bumagina and her family persevered. She stated, “I had to start from scratch, take the clinical skills exam and complete a residency, which was tough to find.” Foreign graduates are put in a separate group for acceptance into U.S. residency programs, and many in a similar situation passed the exam but could not find a residency program. Dr. Bumagina completed her residency in New York and was hired by Firelands Regional Medical Center as a pediatrician shortly after. “I fell in love with the community and my patients. I have never wanted to move anywhere else over the past 18 years. I love every part of my job and it brings me great joy every day. I am now seeing many second-generation patients in my practice. It feels amazing to see those children grow up, and it is my honor to care for their growing families.”

# Tips for Cancer Prevention

Provided by Medical Director of Radiation Oncology Norleena Poynter, M.D., at Firelands Health



We all have cancer cells in our bodies. Cancer cells are cells that have mutated to such an extent that the cells divide uncontrollably and grow into tumors.

What causes our cells to mutate? Normal aging, as well as our diet, environment and lifestyle. Specific risk factors for cancer are:

- Infections
- Tobacco use
- Obesity
- Poor diet
- Excessive alcohol
- Sedentary lifestyle
- Environmental toxins

These risk factors are modifiable, which means that you have control over your cancer risk.

## What steps can you take to reduce your risk of cancer?

### 1. Ensure your children get the HPV vaccine that prevents six types of cancer.

HPV vaccine - ages 11-12 for girls and boys with an opportunity for catch-up vaccine through age 26. For people ages 27-45 years, discuss with your primary care provider. Visit [cdc.gov](http://cdc.gov) for more information.

### 2. Stop all tobacco use.

### 3. Maintain a healthy weight or a normal body mass index.

Cancer-causing compounds, or carcinogens, like to combine with or dissolve in fatty tissues.



### 4. Eat a healthy diet. Check out Michael Pollan's "Food Rules," which is a small book with three conclusions:

- Eating food.
- Eating mostly plants.
- Not eating too much.

Good nutrition is hard to strive for in today's world. A cancer prevention diet includes:

- 7-9 servings of fruits and vegetables a day.
- Limiting consumption of processed red meat.
- Consuming high-quality meat and dairy from a local butcher or farm stand that is grass-fed and hormone-free.
- Minimizing eating out. Share the cooking responsibilities to make it easier to eat at home.

### 5. Drink in moderation and avoid excessive alcohol consumption or "binge drinking."



### 6. Move, as much as you can.

The body likes to be in motion.

- Avoid elevators, take the steps.
- Park far away from the entrance to stores and walk briskly.
- Carry heavy shopping bags to build muscle.
- Run and play with your children or your dog.

**7. Avoid environmental exposures to cancer-causing compounds.** Check out the Environmental Working Groups Consumer Guides at [ewg.org](http://ewg.org), which have databases allowing you to enter your personal care products and cosmetics to see if they contain harmful chemicals. There is also information on your tap water and chemicals in common sunscreens.

# Saved by the scan



Kamal Chaban, M.D.

Low-dose CT lung cancer screening could save your life

Lung cancer - those two little words can strike fear in anyone as a death sentence. As with many types of cancer, by the time symptoms appear, it has likely spread to other parts of the body and is more difficult to treat. However, when lung cancer is caught early, treatments can lead to remission and recovery. "For many years, we have experienced the majority of cases of lung cancer being diagnosed at a later stage that is associated with a very low rate of cure. Early-stage, potentially curable lung cancer was found less than 15% of the time. With the advances in medicine and screening for a variety of cancers, we were hopeful for a proven method of screening for lung cancer to improve the odds of early detection," explained Kamal Chaban, M.D., a pulmonologist with Firelands Physician Group.

According to the American Cancer Society, lung cancer is the second most common cancer and the leading cause of cancer death in the United States. Approximately 85% of cases occur in cigarette smokers. A simple screening could save your life if you are a smoker or a former smoker.

Low-dose computed tomography (LDCT) works much like an X-ray to produce pictures of your chest and lungs. This high-quality lung screening detects lung nodules, using 90% less radiation than a conventional chest CT scan. If you are at high risk for developing lung cancer but have no signs or symptoms, an LDCT screening could help you catch potentially cancerous spots at their earliest and most treatable stage. "Low-dose CT screening provides an excellent way to detect very early stages of cancer. With a low risk of radiation exposure and in patients with a high risk

of developing cancer, defined by specific criteria to be included in the program, LDCT provided an excellent way to find asymptomatic early stages of cancer, which can have a better chance of a cure," stated Chaban.

## Who is eligible for lung cancer screening?

The U.S. Preventive Services Task Force recently updated the eligibility guidelines for lung cancer screening to the following:

- 50-80-year-olds
- Smoked within the past 15 years
- Twenty pack-years (A pack-year is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked. A pack is equal to 20 cigarettes.)

If you meet the criteria listed above and want to undergo an LDCT lung screening, the first step is to make an appointment with your primary care provider. This appointment will be a time to discuss your age, smoking history, and other factors with your physician to determine if you are eligible for screening.

An LDCT screening can detect lung cancer in its earliest stages but cannot prevent or cure it. A way to stop cancer before it starts is to stop smoking. If you think you may be ready to quit, visit [firelands.com/quitsmoking](http://firelands.com/quitsmoking) or call Firelands Center for Coordinated Care at 419-557-6550. The tobacco cessation program at Firelands offers individualized counseling with a trained tobacco treatment specialist and nurse practitioner, one-on-one counseling sessions and optional weekly group classes.





# SOAR in the NEW YEAR

## FLY HIGH WITH YOUR ESTATE PLANNING

**YOU WILL SOAR WHEN YOU SEE HOW EASY IT IS TO LOWER YOUR TAXES AND POSSIBLY INCREASE YOUR INCOME, ALL WHILE HELPING OTHERS.**

### ALL TRIPS BEGIN WITH A PLAN

**Your journey through the new year deserves a little planning.**

There is nothing like the feeling when an airplane's wheels leave the ground. It means you are on the way to your next vacation, business meeting, or family reunion. "Takeoff" means something great is about to begin.

Similarly, a new year lies ahead. As you come in for a landing this year and prepare to take off for the next, it is worth a few moments to make sure

you touch down safely and prepare for your next flight with good estate planning.

**Pilots begin with a checklist, and so should you.** Here is an excellent place to start on your estate planning for the new year:

- ✓ Write or update your will.
- ✓ Check with your bank and investment advisor to update your transfer on death forms.
- ✓ Take inventory of your highly appreciated assets and use them, rather than cash, to transfer gifts to charity.

**Consider the following to start your landing checklist.** It will also help you with next year's planning:

- ✓ Donate to your favorite nonprofit to reduce your taxes. By donating to our mission, you end the year with a good feeling and a reduced tax bill.
- ✓ Transfer appreciated stock rather than cash to charity. When you transfer (never sell) securities to a nonprofit, you receive an income tax deduction but avoid paying taxes on the gains.
- ✓ Ask us other ways to reduce taxes and start new income streams in the new year.

## BECOME A CHAMPION OF HEALTH

*By Laura Criscione, development officer*



Recently, my nephew Andrew started a campaign online for a service dog to help him with his autism. Of course, as his aunt, I pitched in... \$100 to support his efforts. His goal was \$15,000. I have to admit, I was skeptical, and in the back of my mind, I thought, "How will he ever get to \$15,000? I hope my money doesn't go to waste if he doesn't reach his goal."

About three days later, a stranger (the grandson of Pulte Homes) with a substantial social media following shared his post, and overnight he exceeded his \$15,000 goal. You wouldn't believe how quickly hundreds of \$1 and \$5 donations add up. I was beyond happy and proud of my nephew, and realized I was wrong.

Andrew, a 13-year-old, surely did not have \$15,000, and my sister and brother-in-law, like many young families, didn't have that kind of

spare change. However, by sharing his short story on social media, Andrew raised the money he needed. After six months of training, "Henry the Newfypoo" joined his family in November.

### Why am I telling you this story?

You can impact our community's health with the CLICK OF A BUTTON and create your fundraiser at [firelands.com/fundraise](https://firelands.com/fundraise).

Firelands Health invites you to join a community of people making a difference.



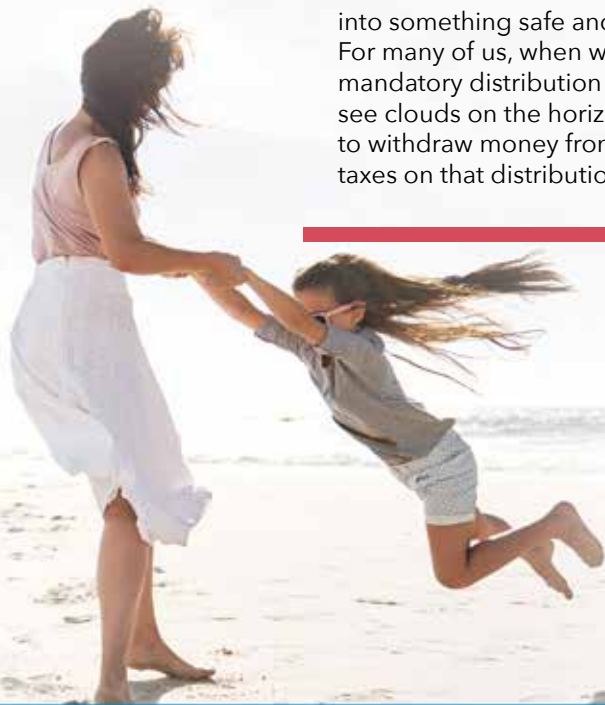


# A CHOICE OF IRA DESTINATIONS

## PILOTS MAY CHOOSE TO LAND AT AN ALTERNATE AIRPORT WHEN THEY SEE BAD WEATHER AHEAD.

The choice turns something scary into something safe and comfortable. For many of us, when we think of a mandatory distribution from our IRA, we see clouds on the horizon, being forced to withdraw money from it and then pay taxes on that distribution.

**Just as a pilot always has an eye on an alternate airport, you have a choice with your IRA.** Rather than withdrawing and paying taxes, land your IRA in a more comfortable location. Instead of taking the distribution yourself, call your IRA administrator and ask them to make a distribution to charity instead. Rolling over part of your IRA's "required minimum distribution" or "RMD" to a charity like The Foundation for Firelands can help reduce your tax bill while supporting our cause.



**FLY HIGH ABOVE LIFE'S UNCERTAINTIES WITH THESE IDEAS AND OTHERS. CALL THE FOUNDATION FOR FIRELANDS TODAY AT 419-557-7151 TO LEARN MORE.**

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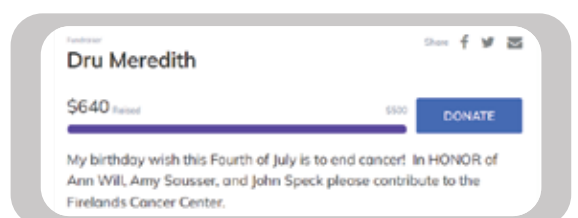


Firelands Health's Vice President of Operations Dru Meredith, did just that. Dru celebrated his birthday this summer with his family. One of the people he loves most has been battling a cancer diagnosis. Dru picked up his cellphone, went to [firelands.com/fundraise](https://firelands.com/fundraise), clicked "become a fundraiser," and created his personal page within five minutes.

Dru included a picture of his family along with these words, "My birthday wish this Fourth of July is to end cancer. In HONOR of Ann Will, Amy Sausser and John Speck, please contribute to the Firelands Cancer Center and help save lives." Dru set his goal to \$500, and after sharing the link on Facebook, within one hour, Dru had already raised \$640 to help patients at Firelands Health fighting cancer. \$640 could purchase 20 gas cards, prescription co-pays, or even help pay rent

for someone undergoing chemotherapy who is too sick to work.

**You, too, can be an influencer of change. Start a fundraiser in memory of a loved one, celebrate your birthday, reach a fitness goal, or create your fundraiser. You can help The Foundation for Firelands reach more people, touch more lives and raise money for patients.**



# 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 a.m. - 4 p.m.**

**Cost: \$75**

- **Saturday, March 25**
- **Saturday, May 20**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 to register.

## BREASTFEEDING BASICS

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

### University Hospitals Seidman Cancer Center at Firelands

701 Tyler Street, Sandusky

**9:30 - 11:30 a.m.**

**Cost: \$10**

- **Saturday, January 14**
- **Saturday, February 18**
- **Saturday, March 18**
- **Saturday, April 15**
- **Saturday, May 6**
- **Saturday, June 17**
- **Saturday, July 15**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 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 p.m.**

- **Wednesdays**  
**January 4, 11, 18, 25**
- **Wednesdays**  
**February 1, 8, 15, 22**
- **Wednesdays**  
**March 8, 15, 22, 29**
- **Wednesdays**  
**April 5, 12, 19, 26**
- **Wednesdays**  
**May 3, 10, 17, 24**
- **Wednesdays**  
**June 7, 14, 21, 28**

**6 - 9 p.m. and 9 a.m. - 4 p.m.**

- **Friday and Saturday**  
**July 21 & 22**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 to register.

## CHILDBIRTH REFRESHER

Anyone who has previously taken a full childbirth education course may repeat the course. 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**

**Friday & Saturday Course: Attend Saturday only, 9 a.m. - 3 p.m.**

**Weekday Course:**

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

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 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 p.m.**

- **Wednesday, January 18**
- **Tuesday, March 21**
- **Wednesday, April 19**
- **Tuesday, June 20**

**6 - 8 p.m.**

- **Thursday, February 16**
- **Tuesday, May 9**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 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 a.m.**

**Cost: \$10 per family**

- **Saturday, May 13**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7292 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 a.m.**

- **Saturday, January 14**
- **Saturday, February 11**
- **Saturday, March 11**
- **Saturday, April 8**
- **Saturday, May 13**
- **Saturday, June 10**
- **Saturday, July 8**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-6515 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 Sandusky Healthcare Center

2520 Columbus 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

Call 1-800-377-3117 for an appointment.

For general information, contact Cortney Isbell 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. Call 419-557-5205 for information regarding the spring breast cancer screening.

### HEALTH AND WELLNESS LAB 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 Sandusky Healthcare Center

2520 Columbus Avenue,  
Sandusky

**7 - 9:30 a.m., appointments  
required**

- **Saturday, January 21**
- **Saturday, February 18**
- **Saturday, March 18**
- **Saturday, April 22**
- **Saturday, May 20**
- **Saturday, June 17**
- **Saturday, July 15**

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

## COMMUNITY EVENTS & PRESENTATIONS

For information on upcoming events, go to [firelands.com/classes-events](http://firelands.com/classes-events). To subscribe to the 55+ Club e-newsletter, visit [firelands.com/55club](http://firelands.com/55club) or call 419-557-7722.



# EDUCATION

## BASIC LIFE SUPPORT (BLS)

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

**Firelands South Campus**  
1912 Hayes Avenue, Sandusky  
**Cost: \$55, includes textbook**  
**8 - 11 a.m.**

- **Wednesday, January 25**
- **Tuesday, January 31**
- **Wednesday, February 15**
- **Tuesday, February 28**
- **Wednesday, March 15**
- **Wednesday, March 29**
- **Wednesday, April 19**
- **Tuesday, May 23**
- **Wednesday, May 31**
- **Tuesday, June 6**
- **Tuesday, June 20**
- **Tuesday, July 11**
- **Wednesday, July 19**
- **Thursday, July 27**

**1 - 4 p.m.**

- **Monday, January 9**
- **Thursday, February 23**
- **Tuesday, March 21**
- **Tuesday, April 11**
- **Monday, May 8**

Visit [firelands.com/classes-events](http://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 a.m. - noon**

**Cost: \$10**

- **Saturday, February 25**
- **Saturday, April 22**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-6740 to register.

## HEARTSAVER CPR/AED WITH FIRST AID

*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 a.m. - noon**

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

- **Wednesday, January 11**
- **Wednesday, February 8**
- **Wednesday, March 8**
- **Wednesday, April 12**
- **Wednesday, May 10**
- **Wednesday, June 14**
- **Wednesday, July 12**

Visit [firelands.com/classes-events](http://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  
**12:30 - 2:30 p.m.**

**Cost: \$150, includes materials**  
• **Mondays**

**January 16 - March 13**

Visit [firelands.com/classes-events](http://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  
**1 - 2 p.m.**

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

- **Wednesday, January 11**
- **Wednesday, April 12**
- **Wednesday, July 12**

Call 419-557-7523 to register.



## AMERICAN RED CROSS BLOOD DRIVES

*Appointments are required. Schedule online at [redcrossblood.org](http://redcrossblood.org), or call 1-800-RED-CROSS*

**Firelands South Campus**  
1912 Hayes Avenue, Sandusky  
**11 a.m. - 5 p.m.**

- **Friday, January 13**
- **Friday, January 27**
- **Friday, February 10**
- **Friday, February 24**
- **Friday, March 10**
- **Friday, March 31**
- **Friday, April 14**
- **Friday, April 28**
- **Friday, May 12**
- **Friday, May 26**
- **Friday, June 9**
- **Friday, June 30**
- **Friday, July 14**
- **Friday, July 28**



## AUXILIARY/GIFT SHOP SALES and EVENTS

Visit [firelands.com](http://firelands.com) for more information regarding upcoming sales and events.



# Golden Soup

**TOTAL TIME: 30 MINUTES**
**SERVINGS: 6**
**SERVING SIZE: APPROXIMATELY 1½ CUPS**

## Ingredients:

### Spiced chickpea topping:

- 1 can reduced sodium chickpeas
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon turmeric
- 1 tablespoon olive oil

### Golden soup:

- 2 tablespoons olive oil
- ½ cup chopped white onion
- 2 cloves garlic, chopped
- 1 head cauliflower, chopped into about 5 cups of florets
- 1 cup cashews, dry-roasted and unsalted
- 1 tablespoon turmeric (see notes under directions)
- 6-7 cups water
- 1 teaspoon salt

### Optional garnish:

- Freshly squeezed lemon juice
- Parsley

## Directions:

1. Preheat oven to 400°F. Drain and rinse chickpeas and spread onto a baking sheet. Mix cumin, smoked paprika, and turmeric together in a small bowl. Drizzle 1 tablespoon olive oil over chickpeas and sprinkle spice mixture onto chickpeas. Roast for 30-40 minutes or until semi-crispy.
2. While chickpeas are cooking, heat 2 tablespoons olive oil in a deep soup pot or Dutch oven over medium heat. Add the chopped onion, garlic, cauliflower and cashews. Add turmeric to taste. Sauté for 10 minutes or until fragrant.
3. Add 4 cups of water and 1 teaspoon of salt. Simmer until cauliflower is softened.
4. Transfer the mixture to a blender and blend until a smooth, creamy consistency is achieved. You may do this in small batches if you have a smaller blender or food processor.
5. Once mixture is completely blended, return it to the soup pot and add additional 2-3 cups of water based on how thin you would like your soup. Bring soup up to a low boil over medium heat.
6. Serve immediately, garnished with spiced chickpea topping, freshly squeezed lemon juice, and parsley.

**Notes:** Turmeric has a strong flavor and if you have never tried cooking with it before, you may want to try using 1-2 teaspoons instead of the full 1 tablespoon in the soup ingredients list.

## NUTRITION INFORMATION PER SERVING

<i>Per Serving</i>	
Calories	300 calories
Protein	10 grams
Total Fat	19 grams
Saturated Fat	3 grams
Polyunsaturated Fat	3 grams
Monounsaturated Fat	11 grams
Cholesterol	0 milligrams
Carbohydrate	28 grams
Fiber	7 grams
Sodium	520 milligrams
Potassium	640 milligrams
Phosphorus	230 milligrams

Nutrition Information compiled from the USDA's Food Data Central for standard reference, accessed 8/31/22.

