

SUMMER
2024

Feel Better

WITH FIRELANDS HEALTH

**KEVIN
BAILEY, D.O.**

Finding Meaning
Through Mission Work
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Dear reader,

This year, I have been focused on community engagement. Our leadership team gathered at the Mylander Pavilion this spring for a retreat, and the focus was on community service and engagement.

Speakers at the retreat were from the Greater Sandusky Partnership, Bowling Green State University, Crossroads Shelter, OHgo, and Firelands Counseling & Recovery Services. We also heard from one of our orthopedic surgeons who served on a mission trip, which you can read about in this edition of Feel Better. Our conversation centered around service, awareness, and humility towards our neighbor. The day culminated with picking up trash downtown.

It was fitting that we met in a building named after George L. Mylander, who left a legacy of service and philanthropy to our community. At Firelands, we have a conference room dedicated to Mr. Mylander. Outside the conference room a memorial reads, "The Firelands Regional Health System Board of Directors recognize and express their appreciation to George L. Mylander for 50 years of outstanding leadership, selfless service and loyal friendship to Firelands." If we all harvest one iota of the service Mr. Mylander exuded, it would transform our community.

How do we manifest community and service in our everyday lives? At Firelands Health, I see us as a community asset. All that we have belongs to the community we serve. The better we understand our community's needs and resources, the better we will be at delivering care for our community.

In this Feel Better with Firelands Health, you'll read some stories that build off of our theme for the year - what matters to you, matters to us. I hope you enjoy.

A handwritten signature in black ink, appearing to read "Jeremy Normington-Slay". The signature is fluid and cursive.

Jeremy Normington-Slay
President & CEO



The strength of your community hospital

Firelands Health is strong in numbers and mighty in care. Here is an example of how we served our community with compassion and expertise in 2023.

A dose of **medicine** was **dispensed** for hospitalized patients
every 30 seconds

The emergency department saw

41,916 patients

1,075 staff were certified or recertified in CPR



Labor and delivery swaddled
623 babies



Imaging took
49,671
X-rays



The lab processed
785,053 in-house
samples



Gastroenterologists performed
3,428
colonoscopies

On one hospital floor alone, a call light for a nurse was answered **147,428 times**



Patients visits for therapies

Physical therapy: **16,301**

Occupational therapy: **13,439**

Speech therapy: **4,428**

Patients used the Firelands Health shuttle for
15,493 rides
to receive care

CATHERINE LY, D.O.



Catherine Ly, D.O., recently joined the Firelands Physician Group gastroenterology practice.

Dr. Ly earned her doctor of osteopathic medicine at Midwestern University in Downers Grove, Illinois. She completed her internal medicine residency and gastroenterology fellowship at Advocate Lutheran General Hospital in Park Ridge, Illinois.

Dr. Ly knew she wanted a career in medicine since she was a child. She worked as a transporter at a local hospital through college and knew she had made the right decision. She chose to specialize in gastroenterology after losing her mother to colon cancer.

Dr. Ly's office is located at 703 Tyler St., Ste. 151, Sandusky. To schedule an appointment, call 419-627-0207.

ALEXANDRA PROSSER, M.D.



Alexandra Prosser, M.D., IBCLC, is on active medical staff at Firelands Regional Medical Center and is affiliated with NOMS Healthcare.

Dr. Prosser earned her doctor of medicine at The Ohio State University College of Medicine in Columbus, Ohio. She completed her family medicine residency at Firelands Regional Medical Center. Dr. Prosser is an international board-certified lactation consultant (IBCLC), providing primary medical care to patients of all ages, including breastfeeding medicine consultations for both mothers and infants.

Dr. Prosser's medical interests include women's health.

Dr. Prosser fills in as a preceptor for the Firelands Regional Medical Center Family Medicine Residency Program and cares for newborns in the Firelands Center for Women & Newborns.

NATHAN SAMSA, D.O.



Nathan Samsa, D.O., is a part of the Firelands Physician Group pulmonary and critical care medicine team, and is affiliated with The Bellevue Hospital.

Dr. Samsa earned his doctor of osteopathic medicine at Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio. He completed his internal medicine residency at Firelands Regional Medical Center, and his pulmonary and critical care medicine fellowship at Botsford Hospital in Farmington Hills, Michigan.

Meet our Firelands Physician Group urgent care team:



Lauren Bailey,
APRN, FNP-C

**ASHLEY
BURKHOLDER, D.O.**



Ashley Burkholder, D.O., is on active medical staff at Firelands Regional Medical Center and is affiliated with Hospice of Western Reserve.

Dr. Burkholder earned her doctor of osteopathic medicine at Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio. She completed her family medicine residency at Riverside Regional Medical Center in Newport News, Virginia, and her palliative care and hospice fellowship at Firelands Regional Medical Center.

**JASON
ROBKE, M.D.**



Jason Robke, M.D., is a thoracic surgeon who is on active medical staff at Firelands Regional Medical Center and is affiliated with Mercy Health.

Dr. Robke earned his doctor of medicine at Medical College of Ohio in Toledo, Ohio. He completed his general surgery residency and cardiothoracic surgery residency at Allegheny General Hospital in Pittsburgh, Pennsylvania.

Dr. Robke has practiced for over 20 years in North Central Ohio, and specializes in minimally invasive surgery.

**MHD. YASER
AL-MARRAWI, M.D.**



Mhd. Yaser Al-Marrawi, M.D., treats patients at University Hospitals Seidman Cancer Center at Firelands Regional Medical Center.

Dr. Al-Marrawi earned his doctor of medicine at Damascus University Medical School in Damascus, Syria. He completed his internal medicine residency at Reading Hospital in Reading, Pennsylvania, and his hematology and oncology fellowship at Penn State Hershey Medical Center in Hershey, Pennsylvania. Dr. Al-Marrawi completed his research fellowship in experimental therapeutics of medical oncology at Cleveland Clinic in Cleveland, Ohio.



**Amanda Grob,
APRN, FNP-C**



**Annie (Hahn) Maurick,
APRN, FNP-C**



**Jill Wasylik-Waldock,
APRN, FNP-C**



Matters of the

Admittedly, there are times when terminology gets lost in translation in matters of medical care. Medical terms, acronyms, types of specialists, lab tests, procedures - and to compound confusion, the metric system - can make a clinical explanation hard to understand. Until you or a loved one experiences the condition or the care, you ask Google for help.

When it comes to matters of the heart, and we all need ours to beat well, here's some insight and clarification on what happens to a heart attack patient in the hospital.

A heart attack

Symptoms of a heart attack can begin more than a month in advance of the actual event. A cold sweat, nausea, and chest pain that is tightening or squeezing are signs of a heart attack. If you have these symptoms, acting cautiously and getting to the nearest emergency department is wise.

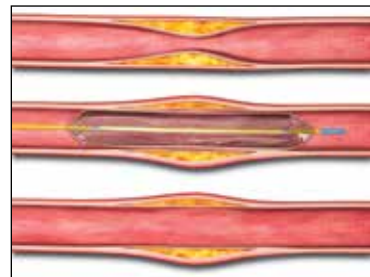
If you are having a heart attack, here is an example of a possible course of action for a potentially fatal type of heart attack, a STEMI.

The acronym STEMI comes from the heart test results of an electrocardiogram (EKG), a quick test to record the electrical signals in the heart. **ST** represents a segment elevation on the EKG that indicates a total blockage of the involved coronary artery and that the heart muscle is currently dying. **MI** stands for myocardial infarction - heart attack. Simply put, the test shows that a major artery feeding into the heart muscle is blocked. That's serious.

Treatment for a STEMI needs to begin as soon as possible. The "golden hour" for a heart attack means "as soon as possible." The faster a patient can get treatment, the higher the chance of survival and with less heart muscle damage.

Once a patient arrives at the emergency department, an EKG is done immediately to determine if there is a STEMI. When a STEMI is

recognized, the patient is rushed to the cardiac catheterization (cath) lab. In the cath lab, a balloon is inserted to open the blocked artery, making way for a stent to hold open the artery walls. The time it takes to do this is called "door-to-balloon."



All hospitals monitor the door-to-balloon time, striving to reach the guideline of within 90 minutes. In 2023, Firelands Regional Medical Center treated 100% of the patients with STEMI within the guidelines, and the median time was 50.6 minutes, well within the "golden hour."

"We are committed to providing fast, high-quality heart care. The experienced team of physicians, nurses and staff work tirelessly to provide life-saving patient care," said W. Scott Sheldon, D.O., interventional cardiologist, UH North Ohio Heart. "The door-to-balloon time statistic is just one of many testaments to the collaboration and dedication of Firelands Health team members."

Cath lab

The cath lab is a specialized area in the hospital that is staffed by a team of specialists and led by a cardiologist. The cath lab is for more than STEMI. Doctors perform minimally invasive tests and advanced cardiac procedures to diagnose and treat cardiovascular disease.

The cardiac catheterization procedure involves threading a long, thin tube, called a catheter, through an artery or vein in the leg or arm and into the heart. Sometimes, a cardiac catheterization, also known as an angiogram,



is performed as a diagnostic tool to check for blockages if your physician suspects you may have coronary artery disease.

The Firelands Regional Medical Center Cardiac Cath Lab uses state-of-the-art imaging technology to view the arteries and check how well blood flows to and from the heart. The care team uses this information to help diagnose and treat blockages and other problems in the arteries, often without patients needing surgery.

Our cardiologists offer a complete range of heart care services, including:

- Surgical procedures, including cardioverter-defibrillator implantation
- Full-service cardiac catheterization lab with interventions
- Diagnostic testing, including EKG, cardiac stress testing, tilt table testing, echocardiography, Holter and event monitors, defibrillator and pacemaker management clinic
- Treatment of heart conditions such as atrial fibrillation, coronary artery disease, angina, heart attack, congestive heart failure and more
- Cholesterol clinic
- Cardiac and pulmonary rehabilitation
- Cardiac computed tomography angiography (CCTA)
- Intravascular lithotripsy (IVL)

Cardiac rehab

After a heart event or procedure, patients can go to cardiac rehabilitation (rehab), a 36-session outpatient program that helps them mentally and physically return to vocational and social roles. With a referral from their physician, the cardiac rehab team provides a personalized, gradual program that is reviewed monthly by a cardiologist.



Linda Njoroge,
M.D., FACC



George Augustine
Koromia, M.D., FACC

We have heart

Linda Njoroge, M.D., FACC, and George Augustine Koromia, M.D., FACC, joined Firelands Physician Group and opened a cardiology office, working in tandem with the cardiologists at UH North Ohio Heart.

"We are fortunate to have this husband and wife team of cardiologists come to Firelands Physician Group," said Firelands' Chief Medical Officer Scott Campbell, M.D. "They bring highly-specialized cardiac care to the community that pairs perfectly with our partner physicians at UH North Ohio Heart."

Visit firelands.com/wehaveheart for more information about cardiac care.

Home Health - Working Through the Continuum



Reaching for something on his bed stand, 87-year-old Jerry Bodi lost his balance and toppled over a table lamp that was on at the time. Jerry fell on top of the lamp and became wedged between furniture, unable to free himself. He unfortunately laid on the hot, burning bulb for hours until his daughter-in-law, who visits daily, was able to help him.

Jerry recounts, "In the days following the accident, the details are pretty muddled." He spent four days hospitalized at Firelands Regional Medical Center and then three weeks in a skilled nursing facility. Happily, he could return to his home and his dog under the continued care of Firelands Home Health Services. Jamie Walton-Ebert, R.N., was the home health nurse assigned to Jerry's home care.

Jamie explained, "It was a terrible situation. Jerry suffered a severe burn to his lower back. In addition to my care, Jerry received treatments at Firelands' outpatient wound care clinic."

"Jamie brought a kit to my house with everything needed to pack and dress my wound at home," noted Jerry. "She was so easy to talk to and such a nice person. She was always concerned for my comfort." Over the four months of care, Jamie and Jerry developed a friendship.

Jamie acknowledges, "It is nice people like Jerry who drew me to home health nursing. I love seeing the same people, which allows me to build relationships with my patients and their families."

Firelands home health nurses are all registered nurses. Patients are assigned the same nurse throughout their home care for continuity. The same applies to the rest of the patient's care team, including state tested nurse aides, social workers, physical, occupational and speech therapists. The patient becomes acquainted with their caregivers, and nurses learn their patient's medical history and specific needs. "Patients know who to call if matters arise," explains Firelands Home Health Services Director Karen James, BSN, RN, CRRN.

Firelands Home Health Services can be the transition from hospital to home, wherever people call home, which might be an independent or assisted living residence. It's unique in comparison to other home health agencies because patients can remain under the care of their family healthcare provider, allowing more individualized care. "We are that bridge, trying to get patients to their prior level of functioning. Home health is not designed to provide 24/7 in-home assistance. Nor does it perform daily living tasks, such as cooking and cleaning. The care is intermittent. We teach patients and families how to perform required care between the home health professionals' visits," states Karen.

If a person can return home with the support of home health transitional care, the savings can be noteworthy compared to the cost of a skilled nursing facility. Firelands Home Health Services accepts most third-party insurance and Medicare, which pays 100% of eligible participants' costs.

Karen explains, "There are requirements for a person to qualify for home health. Patients must be considered homebound and are required to be under a physician's care, as well as meeting a certain level of skilled care."

Over the past 20 years, Firelands Home Health Services monthly patient count has grown from 62 to over 200. Moreover, the service region grew from four to 13 counties. As of January 2024, Firelands Home Health Services is rated 95.6% in patient satisfaction on Press Ganey patient surveys. The ranking placed Firelands in the 99th percentile of hospital-based home health agencies.

For more information about Firelands Home Health Services, visit firelands.com/homehealth or call 419-557-6590.



Why Kidney Stone Patients are Compliant

If you are in severe pain, have blood in your urine, have fever or chills, or experience any other symptoms that warrant medical attention, get to your provider or an urgent care clinic. If you find out you have a kidney stone, you'll likely do whatever it takes to avoid having that pain again.

What are kidney stones?

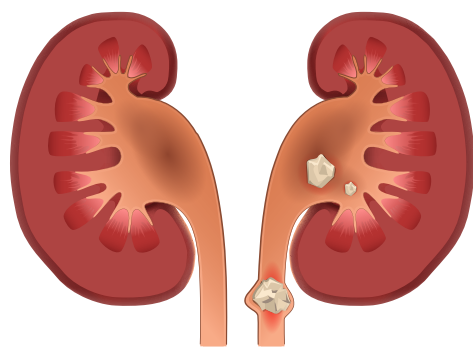
According to the National Kidney Foundation, a kidney stone is a hard object made from chemicals in the urine. Urine has various wastes dissolved in it. When too much waste is in too little liquid, crystals form. The crystals attract other elements and join together to create a solid that will get larger unless it's passed through urine. Usually, these chemicals are eliminated in the urine by the body's master chemist - the kidney. In most people, having enough liquid washes them out, or other chemicals in urine stop a stone from forming.

Some kidney stones are as small as a grain of sand, others as large as a pebble. Generally, the larger the stone, the more noticeable the symptoms.

Why are they so painful?

When a kidney stone causes irritation or blockage, it starts to hurt, rapidly increasing pain. In most cases, kidney stones pass without causing damage, but not without causing pain.

After a stone forms, it may stay in the kidney or travel down the urinary tract into the ureter. Sometimes, tiny stones move out of the body in



the urine without causing much pain. But stones that don't move may cause a back-up of urine in the kidney, ureter, bladder, or urethra, which causes pain.

Pain relievers may be the only treatment needed for small stones. Other treatment may be needed, especially for those stones that cause lasting symptoms.

How can they be prevented?

Prevention is a good news/bad news scenario. The bad news is that kidney stones recur in up to 50% of patients in the first five years following the initial stone, according to the National Institutes of Health. Relapses occur more frequently, and the time between each stone is shortened.

The good news is that changes in lifestyle and dietary habits can reduce the recurrence rate by as much as 60%.

Staying hydrated, making healthy food choices, and exercising regularly to maintain a healthy weight can lessen your chance of getting a kidney stone.

Finding Meaning Through Mission Work

A surgeon's mission trip to provide care for those in need.



When you picture yourself on a 40-hour plane ride, you might think of the excitement of traveling overseas to visit another country. However, for Kevin Bailey, D.O., Firelands Physician Group Sandusky Orthopedics, his recent trip was no leisurely visit. On a mission trip to Tenwek Hospital in Kenya, Africa, he was traveling to provide surgical support and orthopedic care.

If you know Dr. Bailey, you understand his genuine nature. He is personable, kind and epitomizes 'would give anyone the shirt off his back' type of person. On top of all that, he spent his personal time serving overseas for mission work. "I worked through Samaritan's Purse to get connected at Tenwek. Samaritan's Purse networks several missionary hospitals around the world to help provide medical missionary personnel."

Tenwek Hospital, where Dr. Bailey served for two weeks in February, is about four hours northwest of Nairobi, Kenya. Tenwek was established in 1937 and is a 400-bed, faith-based teaching and referral hospital. They serve East Central and West Africa, providing trauma and orthopedic services, dental, eye, diagnostic, pediatric, neurosurgical and intensive care services.

"I have always had service on my heart," explained Dr. Bailey. "I went on a few service trips in high school and medical school. I've always wanted to do overseas work." Upon starting at Firelands, one of his first requests was to use his personal paid time off to serve on mission trips at least once a year. During his two weeks at Tenwek Hospital, Dr. Bailey estimated completing 40 surgeries, including repairs to several hips and knees. Most of them were trauma cases from farmers and people who ride around on the equivalent of a moped. He also lectured to the Kenyan orthopedic surgery residents since it is a teaching hospital. "It was a great experience. I hope to do it annually," he said.

Tenwek serves over a million people within the region. Many of the patients live in poverty and have limited access to healthcare. Dr. Bailey described the experience as humbling since the available technology lacks what we have in the United States. The patients rely on their family members to cover the cost of the care they receive. "Tenwek will tell people they owe \$500 in American currency, and they'll fix a femur," he explained. Families have to pool resources to cover the care due to financial instability and lack of insurance.

Dr. Bailey explained two major takeaways from his mission trip experience that have impacted his life. One was to be resourceful. Operating rooms in the United States are held to a high standard, and there



are many support staff in any given procedure. This includes nurses, joint implant technicians, diagnostic or imaging tools, electronic medical records and more. At Tenwek, however, he had to rely on fewer team members and dated technology. Dr. Bailey had to lean on his abilities and experiences in the United States to help him deliver great care in an environment where there are fewer resources.

"I was working on an arthroscopy and had some challenges. They didn't have actual weights, so I had to fill containers with some type of cleaning solution. I would fill it, try to get around 12 pounds, while converting to kilos."

His second takeaway was more spiritual in nature. "This experience changed my interpretation of giving." Going into this experience, he read the book, "When Helping Hurts," by Brian Fikkert. "We could collect all the money in the world to give to these people, but truly what they need are people who care and who will be there for them." He shared how this mission trip helped strengthen his faith and taught him not to take the privileges we have for granted. "We think a lot of worldly things matter to us, yet when much of the luxuries are taken away, we're reminded of what truly matters. Being there for our neighbor and helping them in their time of need is what matters," he said.

Dr. Bailey earned his doctor of osteopathic medicine at the Ohio University Heritage College of Osteopathic Medicine and completed his orthopedic surgery residency at the Cleveland Clinic Foundation, South Pointe Hospital. Dr. Bailey completed an orthopedic surgery sports medicine fellowship at Allegheny Health Network in Pittsburgh, Pennsylvania. He is passionate about sports medicine and shoulder reconstruction surgery.

**To learn more about Firelands
Physician Group Sandusky Orthopedics
visit firelands.com/ortho or call
419-625-4900.**



Finding Your *Creativity* Again

Those struggling with depression, anxiety or other mental health issues often find they no longer enjoy their hobbies or social activities. They often feel too sad, anxious or overwhelmed to participate in any of their daily routines. Therapy can help spark joy again, but it doesn't have to be just talking to someone. Therapy can be educational groups, group therapy and recreational activities.

The use of recreational therapy has grown in the past two decades. More hospitals, schools and assisted living facilities are using activity-based methods to help individuals overcome illness, injury or disability. Recreational therapy can include art, hiking, sports, listening to music or any other activity that provides an opportunity to relax and de-stress. It's about finding activities where patients can express themselves, provide sensory stimulation, build confidence or socialize.

There are many benefits to recreational therapy:

- Mental health - reduce stress, anxiety and depression
- Physical health - improve strength and physical fitness
- Social health - boost confidence and improve social connections

Recreational therapy at Firelands Inpatient Behavioral Health unit

In our inpatient behavioral health unit, we offer over 60 different recreational therapy options to our patients. In tandem with other treatments, patients can join recreational therapy groups such as gardening, drum circle, aromatherapy, cooking, corn hole, exercising and candle making.

We are fortunate to be one of the few inpatient facilities with an outdoor area, which gives patients more activities to explore and try out. Thanks to a donation from the Firelands Auxiliary, we are able to bring a little bit of the outdoors inside with two elevated garden beds.

Our recreational therapy groups provide an outlet for creativity. They help patients find a new hobby, or rediscover the joy of an old hobby. Sometimes, an activity can serve as an alternative to a negative behavior or addiction.

Socialization can seem daunting when struggling with mental health. Joining in on a group craft, sport, or other activity makes it easier to socialize. Our groups help patients gain confidence and feel good about socializing. Recreational activities help spark joy in our patients, many of whom haven't been interested in things they once loved. It is one step on the path to better mental health.

Take that risk

The goal for our inpatient recreational therapy groups is to show patients a variety of options for relaxation, socialization and mental wellness. It can be intimidating to join group activities. Taking that risk to join a group while dealing with mental health issues can be a powerful step towards healing and recovery. Take that risk of trying something new, and you may be surprised at what you can do.

Go to [firelands.com/findhope](https://www.firelands.com/findhope) to learn more about our behavioral health treatment services.

Seeing Through a Child's Fear

It's often the small things that make a big difference. Pediatric patient Jack Goebel and his parents experienced firsthand the wisdom and thoughtfulness of an X-ray technician's small gesture.

Four-year-old Jack was visiting family in Sandusky over a holiday weekend. A mishap at a local park landed Jack on his collarbone and in the Emergency Services Department at Firelands Regional Medical Center.



When it came time for an X-ray, Jack was scared. Clutching his stuffed animal, Jack needed some convincing and reassurance to submit to this seemingly scary machine. To alleviate his fear, the X-ray tech, Heidi Draper, patiently explained to Jack what to expect. To help him understand the imaging process, she suggested she X-ray Jack's stuffed dog first. Heidi explained to Jack that she was taking a picture of the dog so she could see inside. His fears subsided when Heidi showed Jack the printed copy of his dog's X-ray.

In appreciation, Jack's mother, Abby Goebel, wrote a note to the hospital following their visit. "The X-ray

tech made my four-year-old son feel special by taking an X-ray of his stuffed animal. It made him laugh and took his mind off the pain of having a broken bone. She also printed a copy of the stuffed dog's X-ray for Jack, which now hangs in his room. He loves showing it to people and telling the story of when he went to the hospital. The patient experience at Firelands was fantastic."

"I do what's in my heart and use my abilities to care for our patients," Heidi shared. "The emergency department is a scary place for anyone, but I think especially for our younger patients."

What matters to you, matters to us.

Finding Comfort in the Unexpected Places

Whether you're welcoming a newborn into the world or coming in for a surgery, a hospital visit is a time of heightened emotions and a change from daily routine. Java City at Firelands is often that beacon of normalcy for patients at Firelands Health. It's a comforting cup of coffee, an afternoon pick-me-up, and a familiar face.

Heather Schneider, lead barista at Java City, sees many Firelands staff, reoccurring patients and their families. "It's the little things. I don't need to be told someone's order more than twice, because I already know it by their face. They appreciate that it's going to come out the same every time. There's people that haven't been here in five years and I still know what they want," said Heather.

Heather's presence is so impactful, her absence is felt. When she's out, patients and staff miss her warm smile and attentive ear. They can get coffee in the cafeteria, but having someone who knows your order makes all the difference.

For some patients, a chat with Heather over a cup of



coffee is a welcome escape from their worries. A regular customer visits specifically for that connection. "We talk about her granddaughter," Heather shares. "It's a small moment, but it brightens her day."

Other customers are simply talked out for the day. "It's just that mental break, and not having to think about it, and me knowing what they want. They don't have to say a word. They pay me and they walk out. That's joy to them," said Heather.

Best Summer Bash and Caddyshack Open: Supporting Firelands Health

Gather your friends, dress in casual summer attire or Palm Royale fashion, and head to Kalahari Resort on Sunday, Aug. 11, for the Best Summer Bash. The doors open at 5 p.m., and the fun starts at 5:01 p.m.

The **Best Summer Bash** is not just an event, it's a laughter-filled extravaganza. With the hilarious comedian Greg Warren, a regular on The Bob & Tom Show, and the nationally renowned sports broadcaster and comedian Jason Lawhead as your master of ceremonies and auctioneer, you're in for a night of non-stop fun. There's something for everyone, and all the fun is for a good cause - supporting patient care at Firelands Health. Enjoy food stations and a live DJ who will get you out of your seat and onto the dance floor.

It's a fact that laughter is good medicine, and helping support patients amid a life-altering diagnosis makes you feel good. Your presence at the Best Summer Bash helps bring hope, healing and dignity to Firelands patients and ensures we are here when you need us the most.

This year's Mainstage sponsors include Janotta & Herner, Dan and Laura Keller, Mathews Ford, SEI and Tusing Builders & Roofing Services.



The **"Caddyshack" Open** charity golf scramble will host its 14th annual tournament at Plum Brook Country Club on Aug. 12. Participants dress in their most colorful, fun and wacky "Caddyshack" themed attire for a day of golf, giving and exciting camaraderie. 2024 Bushwood Champ Sponsors include Janotta & Herner, Dan and Laura Keller, Mathews Ford, Amy Reese, M.D., and Norleena Poynter, M.D.

The "Caddyshack" Open event, now a two-day affair with the Best Summer Bash the evening prior, has a profound impact. Since 2011, it has raised over \$1.4 million in net proceeds to support patients battling a cancer diagnosis. These funds are a lifeline, alleviating the financial toll and stress patients experience due to cancer and allowing them to focus on healing. Your support provides transportation assistance, nutritional support, grocery gift cards, medication assistance, the post-mastectomy camisole program, and stress-relieving therapies not covered by insurance, such as massage therapy, Reiki and acupuncture.

These services are only possible with generous sponsorships and donations from area businesses, corporations and attendees like you. Your contribution, whether it's an item for an auction or an outright donation, is deeply appreciated. We thank you for caring for the health of our community.



Please contact Jody Mast at The Foundation for Firelands office at 419-557-7153 or mastjod@firelands.com for more information about sponsorship opportunities.

To purchase tickets online, go to foundationforfirelands.com/foundation/events.

Janotta & Herner



GOLF CART RAFFLE



Janotta & Herner and Catawba Island Carts donated a luxurious, fully equipped golf cart to benefit Firelands Health patient care.

This vehicle can turn any outing into a fun, relaxed adventure. Whether you are a golfer or just looking for a practical way to cruise with your friends to dinner, the beach, the marina, or the campground, this luxurious golf cart will turn heads at every corner.

The deluxe 2024 Evolution D5 Ranger 4 fully equipped golf cart, valued at \$12,044, is not just any street-legal golf cart. It symbolizes exclusivity, blending state-of-the-art intelligence with an athletic design. This forward-facing four-seater redefines transportation beyond the golf course and features an adjustable steering column, radial tires, multi-function dashboard, rear trunk storage compartment, LED underbody lighting, an all-weather enclosure, a standard evolution sound bar, and MORE. It's a vehicle that will make you the envy of every neighborhood, golf course, and campground.

By purchasing a raffle ticket for just \$100, you significantly contribute to patient care at Firelands Health. Take advantage of this fantastic opportunity to make a difference. Enter the raffle to win this luxurious, fully equipped golf cart today.

To purchase tickets, visit firelands.com/golfcart or call 419-557-7153.

The lucky winning ticket will be drawn on Monday, Aug. 12, at the start of the 2024 "Caddyshack" Open.



Women & Children



Babysitting Course

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

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$75

8:30 a.m.-4 p.m.
• **Saturday, Nov. 9**

Visit 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 St., Sandusky
Cost: \$10

9:30-11:30 a.m.
• **Saturday, July 27**
• **Saturday, Sept. 21**
• **Saturday, Nov. 16**

Visit firelands.com/classes-events or call 419-557-7292 to register.

Breastfeeding Mom-Baby Group

Drop in to our free, bi-weekly mom-baby group. This is a time to talk and relax with other moms. It also provides an opportunity to talk with one of our lactation consultants, who will be available to help with any questions you may have, and weigh your baby.

Firelands Main Campus
1111 Hayes Ave., Sandusky
Cost: FREE

11:30 a.m.-12:30 p.m.
• **Every other Thursday**

Visit firelands.com or call 419-557-7596 for more information.

Childbirth Education

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

Firelands South Campus
1912 Hayes Ave., Sandusky
Cost: \$35

6-8:30 p.m.

- **Wednesdays, July 31-Aug. 21**
- **Wednesdays, Sept. 4-25**
- **Wednesdays, Oct. 2-23**
- **Tuesdays, Nov. 5-26**

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

- **Friday and Saturday July 19-20**
- **Friday and Saturday Dec. 6-7**

Visit 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 for \$10. Although welcome to attend an entire course, parents can limit their attendance to select classes of the course, which will provide information the parents may wish to review.

Cost: \$10

**Friday and 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
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.

Firelands South Campus
1912 Hayes Ave., Sandusky

Cost: FREE

12:30-2:30 p.m.

- Tuesday, Sept. 17
- Wednesday, Dec. 11

6-8 p.m.

- Tuesday, Aug. 6
- Tuesday, Oct. 15
- Wednesday, Nov. 13

Visit 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 Ave., Sandusky

Cost: \$10 per family

10-11:30 a.m.

- Saturday, Oct. 5

Visit firelands.com/classes-events
or call 419-557-7292 to register.

Stork Express

Free program designed for any mom-to-be, that is at least 34 weeks into her pregnancy, the opportunity to start on paperwork that is required for their hospital stay.

Firelands Main Campus

1111 Hayes Ave., Sandusky

9-11 a.m.

- Saturday, July 13
- Saturday, Aug. 10
- Saturday, Sept. 14
- Saturday, Oct. 12
- Saturday, Nov. 9
- Saturday, Dec. 14

Visit 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 Ave., Sandusky

Pediatric Cardiology Clinic

Claudine Whitfield, M.D.

Toledo ProMedica Hospital

Pediatric Cardiology Specialist

Call 419-557-7840 for an appointment.

Firelands Sandusky

Healthcare Center

2520 Columbus Ave., Sandusky

Pediatric Gastroenterology Clinic

Denise Young, M.D.

Sharon Perry, NP

Rainbow Babies & Children's Hospital

Pediatric Gastroenterology Specialist

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

Pediatric Nephrology Clinic

Christina Nguyen, M.D.

Rainbow Babies & Children's Hospital

Pediatric Pulmonology Specialist

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

Pediatric Neurology Clinic

Max Wiznitzer, M.D.

Kathy Maxwell, NP

Jennifer Waldron, M.D.

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

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

Pediatric Orthopedic Clinic

Christine Hardesty, M.D.

Michael Glotzbecker, M.D.

Rainbow Babies & Children's Hospital

Pediatric Orthopedic Specialist

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

Pediatric Pulmonology Clinic

Daniel Craven, M.D.

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 Health Screening

For the uninsured or underinsured. Screening includes a clinical breast exam, education on prevention and early detection, and screening mammogram if indicated. Call 419-557-5205 for more information regarding the fall 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 and 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 Ave., Sandusky
7-9:30 a.m.,

appointments required

- **Saturday, July 20**
- **Saturday, Aug. 17**
- **Saturday, Sept. 21**
- **Saturday, Oct. 19**
- **Saturday, Nov. 16**
- **Saturday, Dec. 7**

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

Education

Basic Life Support (BLS)

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

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$55, includes textbook
8-11 a.m.

- **Thursday, July 11**
- **Thursday, Aug. 1**
- **Wednesday, Sept. 4**
- **Tuesday, Sept. 24**
- **Wednesday, Oct. 30**
- **Wednesday, Nov. 6**
- **Wednesday, Dec. 18**

1-4 p.m.

- **Monday, July 22**
- **Monday, Aug. 26**
- **Tuesday, Oct. 1**
- **Tuesday, Nov. 19**
- **Monday, Dec. 2**

Visit firelands.com/classes-events or call 419-557-6740 to register.

CPR for Family & Friends

Designed to prepare you to provide CPR in a safe, timely and effective manner to adults, children and infants. This program is for people with no medical training who want to learn more about CPR, AED use and obstructed airway.

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$10

9 a.m.-noon

- **Saturday, Aug. 17**
- **Saturday, Nov. 2**

Visit 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, AED usage and obstructed airway.

Firelands South Campus

1912 Hayes Ave., Sandusky

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

8 a.m.-noon

- **Wednesday, July 17**
- **Wednesday, Aug. 14**
- **Wednesday, Sept. 11**
- **Wednesday, Oct. 9**
- **Wednesday, Nov. 13**
- **Wednesday, Dec. 11**

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 Ave., Sandusky

Cost: \$150, includes materials

5-7 p.m.

- **Mondays and Wednesdays**
Oct. 28-Nov. 25

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 an emergency situation.

Firelands South Campus

1912 Hayes Ave., Sandusky

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

1-2 p.m.

- **Wednesday, July 17**
- **Wednesday, Oct. 9**

Call 419-557-7523 to register.

American Red Cross Blood Drives

Appointments are required.

For location and to schedule online, visit redcrossblood.org, or call 1-800-RED-CROSS

Firelands South Campus

1912 Hayes Ave., Sandusky

11 a.m.-5 p.m.

- **Friday, July 12**
- **Friday, July 26**
- **Friday, Aug. 9**
- **Friday, Aug. 23**
- **Friday, Sept. 13**
- **Friday, Sept. 27**
- **Friday, Oct. 11**
- **Friday, Oct. 25**
- **Friday, Nov. 8**
- **Friday, Nov. 22**
- **Friday, Dec. 13**
- **Friday, Dec. 27**

Community Events, Groups and Presentations

Luncheon Club

Sandusky Yacht Club
529 E. Water St., Sandusky
Buffet Lunch:
Cost: \$18/person
11 a.m.-12:30 p.m.
Presentation: 12:30 p.m.
Includes tax/tip, cash or check only



Wednesday, July 24
Joint Health: Myths Debunked
Speaker: Robert Carlisle II, M.D., orthopedic surgeon, Firelands Physician Group
Nearly one-third of American adults experience joint pain regularly. It is easy to see why so many old wives' tales exist like, "Cracking your knuckles will give you arthritis." Dr. Carlisle will help sort out the myths from the truth of joint health, helping you to be more informed so you can better care for your joints, leading to a healthier life.

Wednesday, Aug. 28
Proactive Strategies to Protect Your Credit and Personal Data from Fraud
Speaker: Civista Bank specialist
Safeguard your financial future. Take a deep dive into cybersecurity, fraud prevention, and how to protect your credit. Don't miss this opportunity to arm yourself with the tools and insights you need to protect your personal information.

Wednesday, Sept. 25
Ups and Downs of Weight Loss
Speaker: Donald Cundiff, M.D., weight management and diabetes management, Firelands Physician Group
Gain understanding why so many people struggle with weight gain. Your brain is the switch operator that drives so much of how we emotionally react to food, and how our body physically reacts to food. Listen as Dr. Cundiff "weighs-in" on the complexities of weight management. Don't listen to diet misinformation, listen to Dr. Cundiff and learn how to attain a weight that is a healthy fit for you.

Wednesday, Oct. 23
Colonoscopy, to 75 and Beyond
Speaker: Cameron Ditty, M.D., gastroenterologist, Firelands Physician Group
Understand all things related to colonoscopies: why the initial screening age was lowered, the procedure experience and colonoscopies for people age 75 and beyond.

Early reservations are recommended and can be made by visiting firelands.com/luncheonclub or calling 419-557-7410.

Breast Cancer Support Group
University Hospitals Seidman Cancer Center at Firelands

701 Tyler St., Meeting Room 10
Support group for women with a recent diagnosis, in treatment and during follow-up care for breast cancer. Find support from others who share your experience and help you stay on the path to recovery.

Visit firelands.com/breastcancersupport or call 419-557-5240 for more information. Group sessions are free, but registration is required each month.

Save Your Pumpkins 5K Run/Walk

Saturday, Oct. 5
Hosted by the North Coast Healthcare Collaborative
(The Bellevue Hospital, Firelands Health, Fisher-Titus Medical Center, 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, Oct. 5, race begins at 9 a.m.
Where: Battery Park, 701 E. Water St., Sandusky
Cost: Pre-registration: \$20
Register by Sept. 16 to receive a free t-shirt;
day-of-registration: \$25
Go to firelands.com/saveyourpumpkins to register.

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



Auxiliary/Gift Shop
Sales and Events

Visit firelands.com/giftshops for more information about our upcoming sales and events.



Chipotle Grilled Chicken Salad

Prep time: 30 minutes plus marinate time (1 hour up to 24 hours)

Cook time: 25 minutes

Servings: 2

Ingredients:

- 1 large boneless, skinless chicken breast
- **Marinade**
 - 1 tablespoon olive oil
 - 1 canned chipotle pepper plus 1 tablespoon adobo sauce
 - 2 garlic cloves, minced
 - 1 shallot, minced
 - ¾ tablespoon cumin
 - ½ tablespoon coriander
 - 1 teaspoon chili powder
 - ½ teaspoon dried oregano
- 1 ear of corn, shucked
- 1 red bell pepper, halved and seeded
- 4 whole scallions, ends trimmed
- cooking spray
- 1 cup cooked quinoa
- 3 cups arugula
- ½ avocado, sliced
- 1 cup cherry tomatoes, halved
- ¼ cup cilantro leaves
- pepper, more or less to taste
- **Chipotle Lime Dressing**
 - 3 tablespoons olive oil
 - 3 tablespoons lime juice
 - ½ tablespoon honey
 - ¼ teaspoon salt
 - ½ teaspoon coriander
 - ¼ to ½ teaspoon ground chipotle powder, more or less to taste

Directions:

1. Place marinade ingredients into a food processor or blender and process. Place marinade and chicken breast into a zip-top bag and close bag. Massage marinade into chicken to coat all sides well. Marinate chicken for at least 1 hour and up to 24 hours.
2. When ready to cook, preheat grill to medium-high heat.
3. Coat the red pepper halves, ear of corn and scallions with cooking spray. Grill until tender and grill marks appear, about 5-8 minutes.
4. Grill chicken on each side for 6-7 minutes, until grill marks appear. Lower heat to medium-low and cook until internal temperature reaches 165°F. Let rest for 5 minutes before serving.
5. While vegetables and chicken are grilling, assemble the chipotle lime dressing by mixing all ingredients with a whisk, in a small bowl.
6. Cut corn kernels off the cob, slice the scallions, and slice the bell pepper. Slice the avocado and cut cherry tomatoes in half. Slice chicken into strips.
7. Assemble the bowl by placing ½ cup of quinoa in the bottom with 1 ½ cups of arugula on top. Then arrange the grilled chicken and vegetables in the bowl.
8. Sprinkle each bowl with pepper and add cilantro leaves.
9. Spoon dressing over the top of each bowl. Serve immediately.



NUTRITION INFORMATION PER SERVING

Calories	720 calories
Protein	40 grams
Total fat	42 grams
Saturated fat	8 grams
Monounsaturated fat	27 grams
Polyunsaturated fat	6 grams
Cholesterol	100 milligrams
Carbohydrate	54 grams
Fiber	12 grams
Sodium	510 milligrams
Potassium	1650 milligrams
Phosphorus	550 milligrams

Nutrition information compiled from the USDA's Food Data Central for standard reference.