

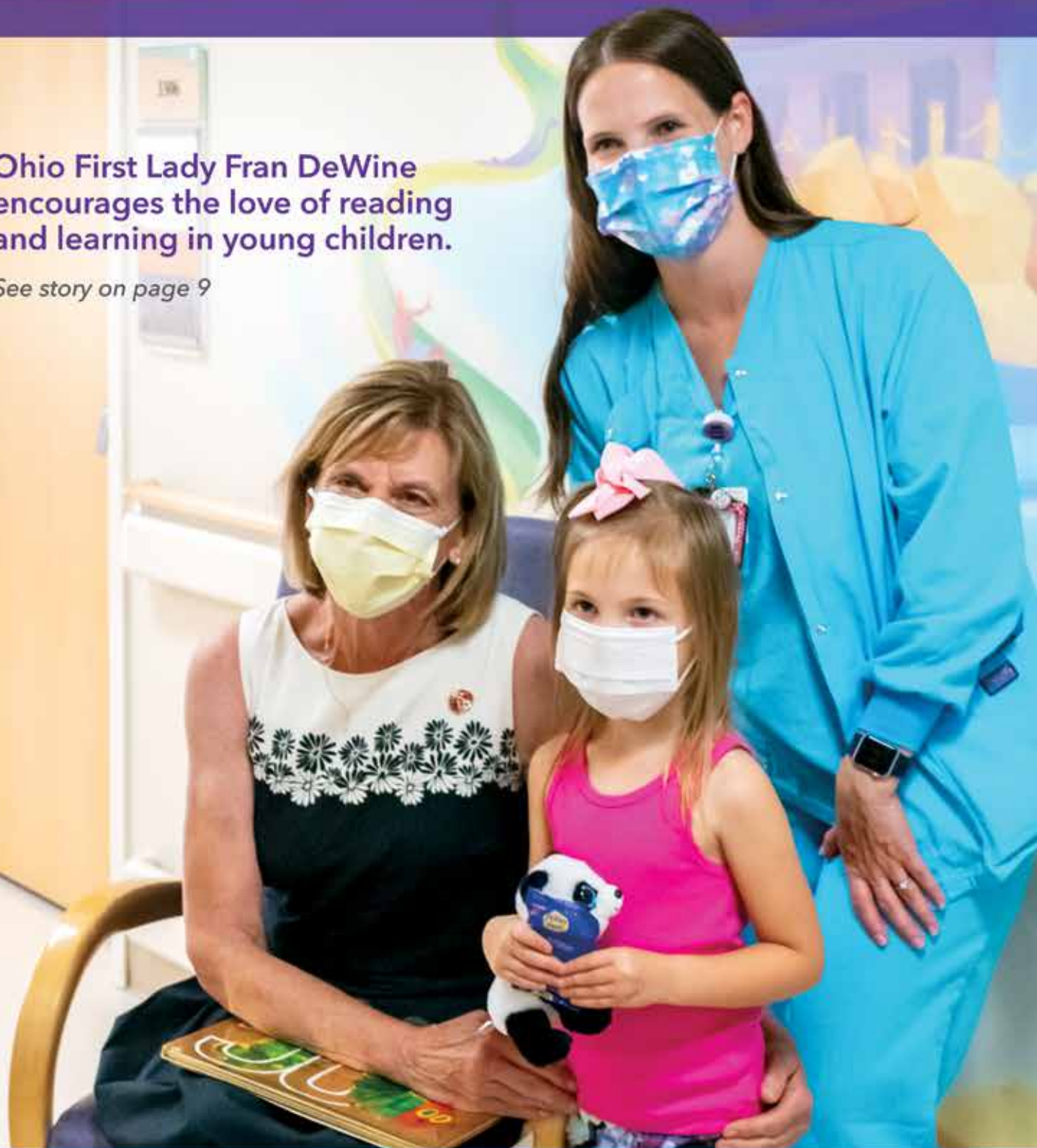
WINTER  
2022

# Feel Better

WITH FIRELANDS

Ohio First Lady Fran DeWine encourages the love of reading and learning in young children.

*See story on page 9*



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Firelands Family

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the Blue

# Join the Firelands Family

Have you considered the staff it takes to maintain the acres of landscaping at Firelands Health? Or the skilled trades required to operate and maintain over a million square feet of structures? Then, of course, all that square footage requires people to keep it pristine clean. Firelands manages over 2,500 computers, and just as many phone lines, together with numerous medical devices to maintain and repair. The hospital serves about 1,400 meals and uses 3,000 pounds of linens daily. Behind the scenes, there are numerous professionals such as financial services, office specialists, security officers, supply chain experts, schedulers, and switchboard operators. You get the idea. These jobs are in addition to the hundreds of clinical specialists, such as nursing, laboratory, imaging (x-ray), and behavioral health staff, who are paramount to Firelands. All said, Firelands is one of the largest employers in the region and gainfully employs over 2,200 people working throughout seven counties.

Firelands Health is a diverse family working interdependently together like a fine-tuned machine. All staff members are valued equally for their contribution to delivering excellent health care to our communities. The moment one walks through Firelands' doors, the teams' attitude, commitment and enthusiasm for patients and each other is evident. Jody Meisler-McKillips, senior director of human resources, proudly stated, "We call that the 'ACE' attitude! It may sound trite, but



employs over  
**2,200**  
people



it is a real thing." ACE cultivates an environment of unity, camaraderie, and support. Jody explains, "Firelands is more than a workplace; it is community. The generosity of our employees and all that they do for their fellow peers and patients never ceases to amaze me."



Firelands truly wants happy employees, and it reflects in the long tenure of the staff. Jacqueline Amison, a housekeeping supervisor, states, "I have remained at Firelands for over 21 years because of the exceptional people, many of which have become like family." Director of Radiology Mike Vickery is an employee of 36 years and counting. He expressed, "Firelands is truly a great place to work. For me, it is the perfect size hospital for which to work." After 11 years, Amy Holland, a lead phlebotomist, still enjoys her job and explains, "My co-workers are my work family. We work so well together and are so in sync no matter what obstacles we may face. It is exciting to be a part of the hospital and its growth."





manages over **2,500** computers

 serves about **1,400** meals daily

 uses **3,000** pounds of linens daily

Healthcare offers job satisfaction, security and growth, and a chance to make a difference in life. Outpatient Mental Health Coordinator Julie Didion states, "I chose to work for Firelands because of the support and encouragement received from my peers during my internship at Firelands Counseling

for a person's lifetime. Applicants can be as young as 16 years of age. There are multiple starter opportunities for young people to learn about the health industry as they complete high school.



No matter where one is in their career journey, Firelands offers jobs at all education levels, beginning with entry-level positions requiring only a GED or high school diploma. A generous employee tuition assistance program helps aspiring team members enrich their lives and reach their personal career goals. The organization is known for supporting and promoting employees within the establishment to help them grow and acquire their dreams.

& Recovery Services. After nearly 12 years, I still love what I do and believe we positively impact many lives. Also, Firelands has provided me financial stability through the years, even during these uncertain times."

**Join our family**  
and explore the possibilities; visit  
[firelands.com/careers](https://firelands.com/careers)

As one grows into a profession, Firelands provides a broad scope of fulfilling, exciting, and challenging careers requiring varying levels of training and education. Firelands offers competitive salaries, merit raises, tuition assistance, generous paid time off, free flu shots, an annual health screening, a competitive retirement program, excellent healthcare coverage, and fun employee events and perks. Firelands can lay a career path



# ROBERT CARLISLE II, MD



Robert Carlisle II, MD, recently joined the Firelands Physician Group Sandusky Orthopedics practice.

Dr. Carlisle's medical interests include total joint replacement surgery with an emphasis on total and partial knee replacements and anterior total hip replacements.

After completing his residency at Greenville Health System in South Carolina, Dr. Carlisle went on to complete his anterior total hip and knee replacement fellowship at the Mississippi Sports Medicine and Orthopaedic Center among the top orthopedic surgeons in the country. Dr. Carlisle is excited to bring his skills back to his home state of Ohio and serve the community he calls home!



Dr. Carlisle enjoys watching all Cleveland sports, especially his Cleveland Browns, playing sports, enjoying craft beers, and spending time with his wife and two kids.

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

# SCOTTY J. FULTON, DO



Scotty J. Fulton, DO, recently joined Firelands Regional Medical Center's emergency medicine team. Dr. Fulton appreciates the diversity of training that the emergency medicine team at Firelands brings to the table. He feels that it provides a team-based approach to patient care.

Dr. Fulton completed his emergency room residency at Mercy St. Vincent Medical Center, Toledo, Ohio, and his doctorate of osteopathic medicine degree at Edward Via College of Osteopathic Medicine, Blacksburg, Virginia.



When Dr. Fulton isn't working, he enjoys working out, traveling, woodworking, and spending time with friends and family.

**Firelands Regional Medical Center emergency services department is located at 1111 Hayes Avenue, Sandusky, Ohio.**

# MATTHEW MCCARTHY, DO



Matthew McCarthy, DO, recently joined Firelands Regional Medical Center's emergency medicine team. Dr. McCarthy enjoys the thrill of working with patients, especially the variety of cases that come through the emergency department's door.

Dr. McCarthy completed his emergency room residency at Saint Vincent Hospital, Allegheny Health Network, and his doctorate of osteopathic medicine degree at Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania.



Dr. McCarthy enjoys walking his dogs, water skiing, snowboarding, boating, exercising, hiking, and spending time with his friends and family.

**Firelands Regional Medical Center emergency services department is located at 1111 Hayes Avenue, Sandusky, Ohio.**

# JACKIE RUTTINO, FNP-C



Jackie Ruttino, FNP-C, recently joined the Firelands Physician Group vascular surgery practice of Jeffrey Buehrer, MD, and Matthew Langenberg, MD.

Jackie is a veteran of the U.S. Army, where she served as an airborne field medic and surgical assist with a forward airborne surgical team based in Vicenza, Italy. She has been a Firelands Regional Medical Center employee for over 11 years.

Jackie's nursing background includes pediatrics, medical surgery, perioperative, and acute nephrology. Her advanced training included rotations with urgent care, family medicine, pulmonology, hospice, pediatrics, and women's health. Since starting with FPG vascular surgery, she has had additional training in varicose veins and sclerotherapy. She completed her family nurse practitioner training through Maryville University in St. Louis, Missouri, and her Bachelor of Science in nursing degree at Lourdes University, Sylvania, Ohio.

She was born and raised in Ohio before her military service. She currently resides in Sandusky with her husband. They have two grown daughters. One is a registered nurse at The Ohio State University Comprehensive Cancer Center - The James. The other has a bachelor of science in integrated healthcare studies and works for the University of Cincinnati as a clinical coordinator for their nurse practitioner program.



She enjoys spending time with her family and friends, traveling, crafting, reading, fishing, and hiking in her off time.

**Jackie's office is located at 703 Tyler Street, Suite 351, Sandusky, Ohio.**



# Pass the Torch

Dr. James Berry is retiring from Firelands after 39 years of service.

As 2021 comes to a close, it marks the end of an era for long-time orthopedic surgeon, Dr. James Berry. Dr. Berry is retiring from Firelands Physician Group Sandusky Orthopedics after 39 years at the practice and operating as an orthopedic surgeon. He attended medical school at The Ohio State University and went through residency at Mount Carmel Children's Hospital of Columbus. Dr. Berry's specialties include knee and hip replacements.

Dr. Berry didn't always plan on becoming a physician. In fact, his original undergrad degree was in electrical engineering from The Ohio State University. "I loved engineering and planned on going forward in biomedical engineering. However, when I got into medical school, I was naturally drawn to orthopedics as it is probably the most engineering-oriented specialty," Dr. Berry said. "In medical school, I circulated through all the different specialties, and when going through the orthopedics circulation, I liked that it was very physical and hands-on. I like the tools. I like the three-dimensional thinking required." Dr. Berry was in residency from 1977 through 1982.

When describing his passion for his profession, Dr. Berry mentioned the value of being able to witness the physical transformation he sees his patients go through. "I really enjoy seeing the immediate

results for my patients. That's what I love about the job, especially after performing surgery and repairing a fracture, or placing an implant. Seeing my patients go back to a normal state of living is what I enjoy most."

Lisa Kehoe, one of Dr. Berry's patients, commented on her experience with him. "My recovery is an example of Dr. Berry's skill as an orthopedic surgeon," Lisa stated. "I used to jet ski and snowmobile. That wasn't even an option for a while. Until now. Dr. Berry and the team at Firelands gave me my life back, and I am forever grateful to all of them." Lisa's story is one of the many successes of Dr. Berry's work.



Dr. Berry will be sorely missed by his colleagues, both in the office setting as well as in the operating room. "We've gotten so good that we could potentially perform a straightforward knee or hip surgery without even talking," Dr. Berry explained. Synergy is a critical element of performing a surgery, and the team at Firelands Regional Medical Center is top notch. Amanda Yetter, director of surgical services said, "We're really going to miss Dr. Berry. He brought such a positive presence to the room, and everyone worked so well with him."

Dr. Berry says that Sandusky Orthopedics is in good hands, especially with the addition of two new partners over the past year, Dr. Justin Kelley and Dr. Robert Carlisle. "I have no qualms about turning my patients over to the team," Dr. Berry mentioned. Recently, Firelands purchased a brand-new surgical robot, called ROSA, which is meant to assist an orthopedic surgeon performing hip and knee joint procedures. "There are so many new approaches and technologies becoming available in orthopedics," Dr. Berry went on to say, "and I am glad to see Firelands embrace these advancements to benefit our patients."

After performing a couple of surgeries alongside Dr. Berry, Dr. Carlisle said, "During the first few weeks of practice, I was in the operating room with Dr. Berry assisting him with his total knees and total hips. It was easy to see how he was able to provide such great care to the community for almost 40 years. He is a fantastic surgeon and even better person."

**Sandusky Orthopedics serves their patients every step of the way. Between the combined specialties of each individual surgeon, they can take care of any patient from head to toe:**

- **Dr. Thomas Olexa**, shoulder and sports medicine surgeon
- **Dr. Colleen Calvey**, fellowship-trained hand surgeon
- **Dr. Justin Kelley**, fellowship-trained trauma surgeon
- **Dr. Robert Carlisle**, fellowship-trained total joint surgeon

*"During the first few weeks of practice, I was in the operating room with Dr. Berry assisting him with his total knees and total hips. It was easy to see how he was able to provide such great care to the community for almost 40 years. He is a fantastic surgeon and even better person."*

- Dr. Robert Carlisle



**ROSA is meant to assist an orthopedic surgeon performing hip and knee joint procedures.**

"As I approach retirement with mixed feelings," Dr. Berry said, "I look forward to being able to have the time to do new things. Travel, hobbies. But I'm going to miss it." Reflecting on his experience at Firelands, Dr. Berry explained, "There's a concerted effort for the whole health system to work as a team. We're all on board to make it the best it can be for everybody: a positive experience with good outcomes. Everybody at Firelands seems to be on board with that."

**Congratulations on your retirement, Dr. Berry! We will miss you at Firelands!**

**Learn more about Firelands Physician Group Sandusky Orthopedics at [firelands.com/ortho](https://firelands.com/ortho)**





# YOUR HEALTH CORNERSTONE

Family medicine is the cornerstone to better health. Today, family medicine providers are referred to as primary care providers or PCPs. PCPs are usually physicians, although they can be nurse practitioners or physician assistants. In the past, people primarily visited their family physicians only when they were sick. Although still essential for when you are not well, in today's world, a visit to one's PCP is often to maintain good health. PCPs and their healthcare team collaborate to keep patients healthy through proactive preventative medicine, health screenings, and lifestyle medicine. Your PCP is your healthcare hub, or more modernly known as one's "medical home."



PCPs address a person's complete health needs throughout their lifetime, including physical, mental, and social well-being. Unlike other medical specialties, family medicine focuses on the whole individual rather than on a specific illness, disease, organ, or system. The aim is to improve a person's overall wellness by preventing or solving health issues as they arise. Regular visits help your PCP learn more about you and your current health, your history and family history, your treatment preferences, your personality, lifestyle, and challenges.

Studies support the benefits of having an established PCP. For example, people are more likely to live a healthier life than those with no PCP and at a lower cost. These proactive folks have more accessibility to efficient and value-based healthcare. A North Carolina emergency room study revealed that a PCP could have addressed 60% of the problems before people visited the emergency room (ER). These ER visits cost three to seven times more in contrast to a visit to a PCP.

Utilizing a PCP over an urgent care or ER, when appropriate, reduces costs of care.

Moreover, people who have a PCP save 33% on health care over those who only see specialists. Maintaining chronic conditions helps prevent expensive hospitalizations and lowers the possibility for costly medications. In a perfect world, if everyone had a PCP and consulted them first (outside of an emergency), it would save the U.S. an estimated \$67 billion every year.

Everyone wants to maintain good health, and PCPs can keep you healthier by regularly assessing your health risks through tools such as screenings and lab tests. Health conditions are best managed through early detection, when they are most treatable. Studies show adults with a PCP have 19% lower odds of premature death than those who only see a specialist. PCPs educate patients to prevent or better manage diseases and health conditions. When health issues do arise, the PCP can assist patients in navigating the complexities of the health system and connect them to needed resources.

**Firelands Physician Group has years of combined experience and is here to provide the care you need, at any age, when and where you need it. These providers serve four counties, with offices located in Erie, Huron, Ottawa, and Sandusky counties.**

Firelands Physician Group has a beautiful new state-of-the-art facility in Perkins Township known as Firelands Sandusky Healthcare Center. The building is physically designed in pods to support a team-based approach to provide patients with the best experience and outcome. Each physician has a team consisting of nurses, care coordinators, and a nurse practitioner. The workstations for the providers and care teams are close in proximity, fostering efficient communication and collaboration to best benefit patients. The building also conveniently houses lab and imaging services. So, if you are looking for a new "medical home," let our family care for your family.

**Find your primary care provider today at [firelands.com/primarycare](https://firelands.com/primarycare)**



# Promoting Literacy at Birth



Developing literacy begins at birth. In a matter of minutes, you can give an infant the gift of literacy before they even leave the hospital. Firelands Health and the Erie County Imagination Library have partnered together to encourage young readers with free books.

The partnership began in 2012, when Anne McGookey, chairwoman of Erie County Imagination Library and the director of volunteer services at Firelands Health, introduced the program to the hospital. Through this partnership, each newborn child's family is given the opportunity to enroll in Erie County's Imagination Library program before they leave the hospital. Anne said, "The Kiwanis Club of Sandusky sponsors the local Imagination Library, and many area foundations, and private contributions provide additional funding." Currently, the program serves an average of 2,300 Erie County children. Since its inception, the program has graduated 2,700 children, who are now in elementary school.

The Erie County Imagination Library is an affiliate of Dolly Parton's Imagination Library and the Ohio Governor's Imagination Library, the latter being developed in 2019 by First Lady Fran DeWine.

DeWine's goal is to promote early childhood literacy in Ohio and encourage the love of reading and learning in young children. Registered children receive a free, award-winning book delivered to their home monthly, from birth to five years of age. By the time the child reaches age five, they will have 60 brand-new books in their library.

DeWine's mission is to have hospitals assist in getting children registered for the program. In



August of 2021, the first lady toured Firelands Center for Women & Newborns to see the process for enrolling infants into the Imagination Library program. She met a patient, her husband, and their newborn baby, Emelia. Together, they enrolled Emelia and her big sister into the program. Before leaving, First Lady DeWine read a story to a small group of hospital employees' children.



**"Firelands is a great example of how hospitals can enroll newborns before they leave the hospital. I encourage all of our hospitals to enroll their newborn babies at birth," said First Lady DeWine.**

Early childhood literacy is a critical component in creating a robust academic future for children. It is the core of all learning, including math, science, English, music, and technology. This program gets books to children in early infancy. It allows parents to access a wide variety of books to inspire their children's love of reading, learning, and imaginative play. It is proven that children who receive the books and are read to frequently will be better prepared for kindergarten and have enhanced proficiency skills by third grade.

Firelands currently presents the Imagination Library program to every family of an infant born at the hospital and predicts enrolling around 400 children per year. Firelands is proud to be a catalyst in this effort, ensuring that infants have access to books from the very beginning.

**For more information about the Imagination Library, visit [ohioimaginationlibrary.org](http://ohioimaginationlibrary.org)**

# BACKING THE BLUE:

First Responder Sensory Kits

  
**Backing The Blue**  
FIRST RESPONDER SENSORY KITS



During stressful situations, law enforcement officers in and around Erie County are now better equipped to interact with individuals with special needs, especially those with sensory processing disorder (SPD). The human body is equipped with five basic senses: smell, sight, taste, hearing, and touch. SPD is a neurological condition that affects how the brain processes information that comes in through the senses. Individuals with SPD may receive too much stimulation, leading them to become quickly overwhelmed; while others may receive too little stimulation, leading them to seek out more.

In February 2021, Speech-Language Pathologist Kayla Obenour developed and initiated a project called Backing the Blue: First Responder Sensory Kits. After helping with a similar project in Findlay, Ohio, where she now lives, she shared the project on social media. Kayla began getting messages from community members in her hometown of Castalia/Sandusky, expressing interest in starting something similar in the area. Kayla felt very connected to the cause. As a speech-language pathologist, she knew she had the expertise to bring these sensory kits to Sandusky. "My continued education and experience with individuals on the autism spectrum allowed for some extra insight," mentioned Kayla. "I made a simple post on Facebook explaining my desire to bring this project home, and what the estimated cost would be per kit, as well as my goal of how many kits I hoped to create. The support from the community was overwhelming and the project took off - fast."

First Responder Sensory Kits have the potential to enhance the safety and effectiveness of interactions between law enforcement officers and individuals with varying abilities. With the proper response, the sensory kits can help officers de-escalate a situation sooner, allowing them to provide the safety needed.

### First Responder Sensory Kits include the following items:

- **Communication boards:** Displays photos, symbols, or illustrations to help people with limited language skills express themselves.
- **Dry erase board with marker:** Assists individuals that have difficulty verbalizing or are too upset to talk.
- **Weighted lap buddy:** Sensory tool that promotes calming and helps the person focus and self-regulate.
- **Noise-cancelling earmuffs:** Reduces overstimulation from loud noises, such as ambulance sirens.
- **Sunglasses:** Reduces overstimulation from bright or flashing lights.
- **Stress ball:** Helps distract the individual, resulting in reduced anxiety levels.
- **Fidget spinner and other fidgets with various textures:** Helps distract and occupy an individual's attention.

The sensory kits have been solely funded by donations from individuals, small businesses, and organizations. Erie County Board of Developmental



Disabilities made a generous donation that entirely funded the Erie County Sheriff's Department. Board of Developmental Disabilities in Huron, Sandusky, Seneca, and Wyandot counties have also provided funding for this worthwhile cause. Monetary donations weren't the only thing needed to make the project a success. Kayla, her husband, and students from Sandusky City Schools have donated hundreds of volunteer hours to unpack, sanitize, and assemble the kits.

In March 2021, Kayla reached out to Firelands Children's S.P.O.T. (pediatric speech, physical, and occupational therapy) to inquire about a partnership for the training to be provided to officers. "While speech-language pathologists do address sensory needs, and these kits were within my scope of practice, occupational therapists are generally the sensory experts," said Kayla. "I did some of my clinical training at Firelands, and I was, and continue to be, impressed with the quality of their programming. It was a no-brainer for me to reach out for their collaboration."

Firelands Children's S.P.O.T. was more than happy to collaborate on such a meaningful project. "The Children's S.P.O.T. has always strived to connect with the community. When Kayla came to us, we knew we had to help in any way possible," stated Lydia Rapson, an occupational therapist at Firelands Health. "Being able to educate and shine a light on the needs of others in our community makes us very thankful for this chance." Lydia went on to say, "We hope to be part of a change and to make an impact on building positive relationships between communities and their law enforcement departments." Lydia and Chelsea Schlotterer, an occupational therapy assistant at Firelands Health, took the lead on developing an educational piece that explains sensory processing disorder and how to use the items in the sensory kits most effectively. "We utilized our own treatment experiences, clinical knowledge, and great resources to create a 10-minute training video that officers can watch and continue to refer to as they utilize these kits in the field," stated Chelsea. "We understand the difficulties with fully comprehending sensory needs, so for that, we look forward to making personal connections with the police departments in the future to provide more insight on the use of the kits and to assist with continued education."

At this time, over 30 police departments across five counties have received one kit per cruiser.



## Improving Rest for Those with Sleep Apnea

With a simple touch of a button, you can control your moderate-to-severe obstructive sleep apnea.

For many people with obstructive sleep apnea, getting a good night's sleep is few and far between, leaving them weary and without energy to complete daily tasks. Obstructive sleep apnea is a sleep-related breathing disorder in which breathing repeatedly stops and starts. It affects more than 18 million Americans and can potentially be a life-threatening condition, depending on the degree of severity. Several treatment options are available to patients; however, finding the right one can sometimes be difficult, leaving patients frustrated, exhausted, and looking for alternatives.

An alternative is precisely what Huron resident, John Planthaber, was looking for. John suffered from sleep apnea for over 15 years, averaging 29 sleep apnea events per hour before treatment. John's struggles included finding a suitable mask, learning how to sleep with a mask covering his mouth and nose, and becoming dependent on the mask when he thought he would quit breathing in his sleep without it.

David Morris, MD, of Firelands Center for Sleep Disorders, evaluated John's sleep apnea and determined that he would be a good candidate for Inspire therapy. John was then referred to a surgeon, who works closely with Firelands Center for Sleep Disorders, to discuss the implant procedure. Once implanted, John returned to Dr. Morris for regular follow-up appointments and to adjust the device. "John showed good control over his sleep apnea events with Inspire therapy. Inspire worked just as well as CPAP did for John," Dr. Morris said.

"Working with Inspire at Firelands really helped improve my sleep," mentioned John, who found success with Inspire. "I wish I had decided to have Inspire surgery much sooner, since sleeping like a normal person once again is a true blessing."

### What is Inspire?

Inspire is the only FDA-approved obstructive sleep apnea treatment that works inside your body to treat sleep apnea without relying on a CPAP mask,

hose, or machine. Inspire is a small device placed under the skin of the neck and chest through three small incisions during a same-day outpatient procedure. Patients can expect some pain and swelling at the incision sites for a few days after the procedure. However, patients can return to normal activities within two weeks, under the direction of a physician. Turned on by a hand-held remote, Inspire applies gentle stimulation to key airway muscles during sleep, allowing you to breathe normally.



"In our practice, we see many patients who have stopped using or are unable to tolerate CPAP," said Dr. Morris. "Inspire therapy represents a significant advance in sleep apnea treatment. It is clinically proven to reduce sleep apnea events, has high patient satisfaction and therapy adherence. We are excited to offer this promising therapy to sleep apnea patients who struggle with CPAP."

### Who qualifies for this treatment?

Any patient diagnosed with sleep apnea can self-refer to Dr. Morris at Firelands Center for Sleep Disorders. He will perform a general physical examination, evaluate a patient's sleep apnea, and determine whether they are a candidate for this procedure. Patients are then referred for a surgical consultation. The patient will undergo the outpatient procedure at MetroHealth or University Hospitals and return to Firelands for follow-up appointments, beginning one week after the procedure. After the device is implanted, Dr. Morris will follow the patient through a treatment plan at Firelands Center for Sleep Disorders located at 1912 Hayes Avenue, Sandusky.

**For more information or to contact Firelands Center for Sleep Disorders, visit [firelands.com/sleep](http://firelands.com/sleep) or 419-557-7740.**



## SUPPORTIVE CARE WHEN NEEDED MOST

There is no crystal ball to determine when or how an individual's good health will wane. People don't like to think about dealing with a critical health dilemma. However, when it happens people want to live as well as possible in their given circumstances. Most folks tiptoe around the topic of advance care planning, and for this reason, are not well-informed about resources available when faced with an acute, serious or chronic health crisis.

Palliative care is a service that helps patients navigate and manage the physical and mental anguish surrounding a life-altering illness or injury. This specialty is somewhat new to the world of healthcare and is often wrongly confused with hospice. Palliative care fills a gap in healthcare for those who are not candidates for hospice because they are not in the last months of life, although they suffer from extreme ongoing pain or other symptoms. The specialized care provides an added layer of support for relief of pain, symptoms, and stress for people coping with serious illness, regardless of prognosis. Palliative care also offers support to patients' families.

In 2021, Katy McGraw, a palliative care nurse practitioner, joined the Firelands Physician Group. As one of the area's pioneers of the specialty, Katy brings years of passionate expertise in palliative care services to Firelands. The palliative care program is strategically located on the main campus of Firelands Regional Medical Center, together with the University Hospitals Seidman Cancer Center at Firelands, providing convenient access for both inpatients and outpatients.

Specialists in palliative care provide expert consultation and co-management, much like other specialists, such as cardiologists for heart issues, dermatologists for skin issues, or oncologists for cancer care. Although, unlike most disease management specialties, palliative care

addresses the whole person, including physically, psychologically, socially, and spiritually. In addition to pain, many issues can be addressed, such as anxiety, depression, fatigue, shortness of breath, nausea, loss of appetite, constipation, and difficulty sleeping. Palliative care is in addition to the treatments a patient is already receiving; it does not replace current treatments or doctors.

**Katy warns, "Palliative care should not be confused with pain management. It is not for people with chronic pain issues, such as back pain." Katy clarified, stating, "The pain intervention is specific to relieve complex pain related to serious conditions such as organ failure, cancer, dementia, or chronic obstructive pulmonary disease."**

A distinct benefit of palliative care is the provider assists patients through a health crisis on multiple levels, not just the physical facet. Katy caringly stated, "We help individuals align treatment choices to what they most value. The goal is to help improve the quality of life for both the patient and family so that they can carry on daily as best as possible." Katie expressed, "The relationship with the patient and palliative care can be as long as they need us." A simple but profound explanation of palliative care is as follows: Curing sometimes, relieving often, and comforting always.

**Firelands Physician Group palliative care appointments are by referral only. Call 419-557-7858.**

# Your gifts make a difference and giving can still benefit you!



1

## CHARITABLE BEQUEST



Make a gift to support our work that costs you nothing today. Provide for your loved ones first and then our cause with a bequest made in your will or trust.

2

## IRA ROLLOVER GIFT



If you are 70½ or older, you can make a gift to us from your IRA. Rolling over part of your IRA's required minimum distribution (RMD) to a charity like Firelands can help reduce your tax bill while supporting our cause.

3

## GIFT OF SECURITIES



Make a gift using your appreciated stock or other securities and avoid capital gains tax.

**Foundation for Firelands**  
**1111 Hayes Avenue, Sandusky, Ohio 44870**  
**419-557-7150**  
**foundationforfirelands.com**

While tax laws have changed, there are still many ways you can make a gift to support patient care at Firelands Health and make a difference in the lives of your friends, family, and loved ones. Even with the changes, making a gift to Firelands can still provide benefits to you.

Contact us to learn more about ways you can support our work and benefit this year.

4

## LIFE INSURANCE GIFT



You can use an unneeded life insurance policy to make a gift of the cash balance to support our mission.

5

## A GIFT OF CASH



A donation of cash is a simple and easy way to make an immediate, impactful gift to support our mission.

### Mail a Check

You can send us a check or money order.

### Make a Gift Online

Visit our website to make an online gift. Your gift will be processed quickly and safely.

### Make a Gift by Wire Transfer

You can wire funds directly from your account to us. Please contact us at 419-557-7150 to obtain wiring instructions.

### Gift Designation

Your gift can be designated to support the service lines at Firelands Health that are most meaningful to you.

6

## LIFE INCOME GIFT



Make a gift to support our mission with a gift annuity or charitable remainder trust and receive lifetime payments. When you fund a charitable gift annuity, you receive fixed payments at a favorable rate based on your age. You will receive an income tax deduction the year you fund the account for part of the funding amount. You will also receive capital gains benefits if you transfer appreciated stock directly to us to create the charitable gift annuity.

# WOMEN and CHILDREN

## BABYSITTING COURSE

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

### Firelands South Campus

1912 Hayes Avenue, Sandusky

**8:30 am - 4 pm**

**Cost: \$65**

- **Saturday, March 26**
- **Saturday, May 28**
- **Saturday, September 24**

Visit [firelands.com/classes-events](https://firelands.com/classes-events) or call 419-557-7840 to register.



## BREASTFEEDING BASICS

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

### Firelands South Campus

1912 Hayes Avenue, Sandusky

**9:30 am - 12 pm**

**Cost: \$10**

- **Saturday, February 19**
- **Saturday, March 19**
- **Saturday, April 16**
- **Saturday, May 14**
- **Saturday, June 18**
- **Saturday, July 30**
- **Saturday, September 17**

Visit [firelands.com/classes-events](https://firelands.com/classes-events) or call 419-557-7840 to register.



## CHILDBIRTH EDUCATION

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

### Firelands South Campus

1912 Hayes Avenue, Sandusky

**Cost: \$35**

**6 - 8:30 pm**

- **Wednesdays**  
**February 2, 9, 16, 23**
- **Wednesdays**  
**March 2, 9, 16, 23**
- **Wednesdays**  
**April 6, 13, 20, 27**
- **Wednesdays**  
**May 4, 11, 18, 25**
- **Wednesdays**  
**June 1, 8, 15, 22**
- **Wednesdays**  
**August 3, 10, 17, 24**
- **Wednesdays**  
**September 7, 14, 21, 28**

**6 - 9 pm and 9 am - 4 pm**

- **Friday and Saturday**  
**July 22 & 23**

Visit [firelands.com/classes-events](https://firelands.com/classes-events) or call 419-557-7840 to register.

## CHILDBIRTH REFRESHER

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

**Cost: \$10**

### Friday & Saturday Course:

**Attend Saturday only, 9 am - 3 pm**

### Weekday Course:

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

Visit [firelands.com/classes-events](https://firelands.com/classes-events) or call 419-557-7840 to register.





## HAPPIEST BABY ON THE BLOCK

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

**Cost: FREE**

### Firelands South Campus

1912 Hayes Avenue, Sandusky

**12:30 - 2:30 pm**

- **Tuesday, March 22**
- **Wednesday, April 20**
- **Tuesday, June 7**
- **Tuesday, September 13**

**6 - 8 pm**

- **Tuesday, February 22**
- **Tuesday, May 10**
- **Wednesday, July 27**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7840 to register.



## SIBLING COURSE

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

### Firelands Main Campus

1111 Hayes Avenue, Sandusky

**10 - 11:30 am**

**Cost: \$10 per family**

- **Saturday, May 21**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7840 to register.



## STORK EXPRESS

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

### Firelands Main Campus

1111 Hayes Avenue, Sandusky

**9 - 11 am**

- **Saturday, February 12**
- **Saturday, March 12**
- **Saturday, April 9**
- **Saturday, May 14**
- **Saturday, June 11**
- **Saturday, July 9**
- **Saturday, August 13**
- **Saturday, September 10**

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7840 to register.

# PEDIATRIC SPECIALTY CLINICS

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

### Firelands Main Campus

1111 Hayes Avenue, Sandusky

#### Pediatric Cardiology Clinic

*Claudine Whitfield, MD*

Toledo ProMedica Hospital

Pediatric Cardiology Specialist

Call 419-557-7840 for an appointment.

### Firelands Sandusky

#### Healthcare Center

2520 Columbus Avenue, Sandusky

#### Pediatric Gastroenterology Clinic

*Judy Splawski, MD*

*Sharon Perry, NP*

Rainbow Babies & Children's Hospital

Pediatric Gastroenterology Specialist

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

#### Pediatric Neurology Clinic

*Max Wiznitzer, MD*

*Kathy Maxwell, NP*

*Jennifer Waldron, MD*

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

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

#### Pediatric Orthopedic Clinic

*Christine Hardesty, MD*

*Michael Glotzbecker, MD*

Rainbow Babies & Children's Hospital

Pediatric Orthopedic Specialist

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

#### Pediatric Pulmonology Clinic

*Amy DiMarino, DO*

Rainbow Babies & Children's Hospital

Pediatric Pulmonology Specialist

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.

#### Firelands Center for Breast Care

703 Tyler Street, Suite 152, Sandusky

**9 am - 12 pm**

**Saturday, March 19**

Call 419-557-7840 to register.

### 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

**Please note location change for 2022 lab screenings.**

#### Firelands Sandusky Healthcare Center

2520 Columbus Avenue, Sandusky

**7 - 9:30 am, appointments required**

- Saturday, February 19
- Saturday, March 12
- Saturday, April 9
- Saturday, May 14
- Saturday, June 4
- Saturday, July 16
- Saturday, August 13
- Saturday, September 10

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

### 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 - 11:30 am**

- Tuesday, February 1
- Thursday, February 24
- Tuesday, March 1
- Thursday, April 28
- Wednesday, May 4
- Tuesday, May 24
- Wednesday, June 29
- Wednesday, July 13
- Tuesday, July 19
- Thursday, August 25
- Tuesday, September 13

**1 - 4:30 pm**

- Wednesday, March 23
- Tuesday, April 19
- Wednesday, May 25
- Tuesday, June 14
- Monday, August 1
- Wednesday, September 28

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7840 to register.

### CPR FOR FAMILY & FRIENDS

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

#### Firelands South Campus

1912 Hayes Avenue, Sandusky

**9 am - 12 pm**

**Cost: \$10**

- Saturday, February 26
- Saturday, April 23
- Saturday, August 20

Visit [firelands.com/classes-events](http://firelands.com/classes-events) or call 419-557-7840 to register.

## COMMUNITY EVENTS & PRESENTATIONS

Watch for more information regarding upcoming events and presentations.

AUXILIARY/GIFT SHOP

## SALES and EVENTS

Watch for more information regarding upcoming sales and events.

# EDUCATION

## HEARTSAVER FIRST AID WITH CPR/AED

This full provider course covers adult, child and infant CPR plus AED usage, and also obstructed airway.

**Firelands South Campus**  
1912 Hayes Avenue, Sandusky  
**8 am - 12:30 pm**

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

- Wednesday, February 9
- Wednesday, March 9
- Wednesday, April 6
- Wednesday, May 11
- Wednesday, June 8
- Wednesday, July 20
- Wednesday, August 17
- Wednesday, September 14

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 pm**

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

- Wednesday, April 6
- Wednesday, July 20

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 am - 5 pm**

- Friday, February 11
- Friday, February 25
- Friday, March 11
- Friday, March 25
- Friday, April 8
- Friday, April 29
- Friday, May 13
- Friday, May 27
- Friday, June 10
- Friday, June 24
- Friday, July 15
- Friday, July 29
- Friday, August 12
- Friday, August 26
- Friday, September 16
- Friday, September 30



# COMMUNITY HAPPENINGS



## Firelands Sandusky Healthcare Center Open House and Ribbon Cutting

We cut the ribbon to the new Firelands Sandusky Healthcare Center on October 29 alongside local officials and partners.



## EMS and fire departments earn American Heart Association Mission Lifeline® Gold Award



## Shoreline Park Adult Fitness Area

Individuals representing Firelands Health and Sandusky's government unveiled the new adult fitness area in the city park.



## Save Your Pumpkins 5K Run/Walk

Thank you to all of the participants and contributors of the North Coast Healthcare Collaborative Save Your Pumpkins 5K Run/Walk.



# Butternut Squash Soup

**TOTAL TIME: 20 MINUTES**
**SERVINGS PER RECIPE: 4**
**SERVING SIZE: 1 CUP**

## Ingredients:

**1 (12-ounce) package frozen, cubed, butternut squash**

**½ cup finely chopped onion**

**2 tablespoons unsalted butter**

**1 (14.5-ounce) can no salt added, chicken broth**

**1 (12-ounce) can fat-free evaporated milk**

**1 teaspoon packed brown sugar**

**½ teaspoon kosher salt**

**½ teaspoon ground nutmeg**

**¼ teaspoon ground white pepper**

**2 sprigs of fresh thyme**

**⅛ teaspoon nutmeg (freshly grated, if available)**

## Directions:

1. Place the butternut squash into a 2-quart microwave-safe baking dish with a lid. Add 2 tablespoons of water and cover. Microwave on high power (100%) for 3 minutes. Stir and microwave on high power for 3 minutes more. Stir again and microwave on high power for 2 minutes more or until squash is tender. Mash butternut squash using a potato masher or pastry blender. Set aside.
2. In a medium saucepan, melt butter over medium heat. Once butter is melted, add onion and cook until translucent, stirring frequently.
3. Combine cooked onions, mashed butternut squash, chicken broth, evaporated milk, brown sugar, salt, ½ teaspoon nutmeg, and white pepper in a food processor or blender. Cover and process or blend until smooth.  
*Note: If using a smaller food processor or blender, you may need to blend the mixture in several batches.*
4. When the soup mixture is smooth, return it to the saucepan and cook over medium-high heat until heated through.
5. Serve warm. If desired, garnish with fresh thyme and nutmeg.



## NUTRITION INFORMATION PER SERVING

|               |                |
|---------------|----------------|
| Calories      | 190 calories   |
| Protein       | 8 grams        |
| Total Fat     | 5 grams        |
| Saturated Fat | 3.5 grams      |
| Cholesterol   | 15 milligrams  |
| Carbohydrate  | 24 grams       |
| Fiber         | 1.5 grams      |
| Sodium        | 420 milligrams |
| Potassium     | 590 milligrams |

Nutrition Information compiled from the USDA's Food Data Central for standard reference, accessed 12/2/21.