



Cherishing Every Breath

Fisher-Titus Cardiothoracic Surgery helps lung cancer patient Ed Karl get back to enjoying life.



HEALTH CONNECTIONS

FISHER-TITUS NEWS AND EVENTS
FALL 2019

HEALTH CONNECTIONS

FALL 2019

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A Message from Dr. Brent Burkey, President & CEO, Fisher-Titus

WITH THE END OF 2019 APPROACHING, there is no better time to reflect on our dedication to providing our community the right care, right here.

While remaining true to our Fisher-Titus mission and values, we continue to expand our services to better care for our patients and communities right here in Huron County. We do this through the growth of current services and the introduction of new ones, improved infrastructure, and strategic partnerships.

Our commitment to cardiac care is an example of our service expansion. Our summer *Health Connections* edition profiled Kathy Holmes, the first patient to receive an interventional heart catheterization at Fisher-Titus. Since February 14, the day of her intervention, we have performed over 200 catheterizations and 75 angioplasties with stents. Without these capabilities, our residents with cardiac issues would have to leave our community for care. In addition to expanded cardiology services, we also added a Thoracic Surgeon and Vascular Surgeon to our heart and vascular team at Fisher-Titus.

We continuously assess the needs of our community and recruit caregivers to provide services where our patients need them. This edition introduces you to new providers we are excited to welcome to our Fisher-Titus family.

As our buildings age, it is important that we invest in improvements to ensure the best environment to meet the health and wellness needs of our community. Included in this edition are several projects soon to come, or already under construction. A signature project underway is a new medical facility in New London.

We continue to evaluate strategic partnerships to meet the needs of our community by providing not just quality care, but affordable care close to home. January marks the one-year anniversary of our trauma program collaboration with MetroHealth, a nationally recognized trauma care provider. Our partnership strengthens our Level 3 Trauma Center program and allows more residents experiencing trauma to receive care at Fisher-Titus. We're also a proud partner in two regional ambulatory surgery centers: The Surgery Center of North Central Ohio, being built next to Convenient Care on Milan Avenue in Norwalk, and Erie Shores Surgery Center on Hayes Avenue in Sandusky.

These partnerships help us to remain independently owned and managed and — most important — provide patients with access to a wide range of health care options.

Our commitment to your health and wellness expands beyond just our physical locations. We are honored to support outreach activities in the communities we serve, provide charity care and financial assistance for those in need, and contribute charitable support for local organizations. You'll find details in our Community Report.

Fisher-Titus is committed to remaining an independent, community-based health care resource, and this wouldn't be possible without your support.

Brent W. Burkey, MD

President and Chief Executive Officer
Fisher-Titus

BREATHING EASIER

FISHER-TITUS CARDIOTHORACIC SURGERY HELPS ED KARL GET BACK TO LIVING LIFE



Married for 52 years, Collins residents Ed and Dana Karl are partners in everything, especially when it comes to their health. When Ed was diagnosed with carcinoma in his lung, he and Dana tackled the challenge together with the help of Fisher-Titus.

Ed's care journey began this year when he had a routine stress test prior to outpatient surgery. The test indicated something in his lung. He had a PET scan and was referred to Fisher-Titus Cardiothoracic Surgeon Bassel Al-Alao, MD.

"Dr. Al-Alao was so calm and kind to us," Dana recalls.



Bassel Al-Alao, MD
Cardiothoracic Surgeon

"He explained everything in a way that we could understand," adds Ed.

Ed was scheduled for surgery on May 29. Since the carcinoma was contained in his lung's lower lobe, Dr. Al-Alao was able to remove the lobe and the cancer. From diagnosis to surgery at Fisher-Titus Medical Center, Ed says it was less than a month before he was fully on the road to recovery.

"Fisher-Titus offers comprehensive care so patients like Mr. Karl can remain nearby during their treatment and recovery," says Dr. Al-Alao. "Fisher-Titus offered the high-quality care he needed, close to home."

After his surgery, Ed spent six days in the Fisher-Titus Intensive Care Unit and another day in a regular hospital room. During that week Dana spent a lot of time at Fisher-Titus, traveling to and from their home in Collins.

She explains that the convenience of having access to high-quality care close to home was important to her, and to Ed. Her husband added that not having to travel was a relief since he would normally be the one to do the driving on long trips.

From the start of his cancer journey through recovery, Ed was able to receive complete care locally – at Fisher-Titus. The Karls were also impressed by the staff's attentiveness. "I had great care," Ed says. "From the nurses all the way down the line, there were no disappointments."

Over the course of Ed's stay, the Fisher-Titus team also got to know Dana, and the couple appreciated the compassion they showed her during her husband's care. "They were all so kind," Dana explains. "Somebody was there for me all the time."

Within a month Ed was able to return to doing the things he loves, like mowing the lawn and restoring his Cushman scooters. Today, he sums up his recovery simply: "I'm feeling good."

Now fully recovered, Ed is heading south with Dana to enjoy the winter in Alabama.

Learn more about cardiothoracic surgery at Fisher-Titus. Call 419-660-4707.



THE SURGERY CENTER
NORTH CENTRAL OHIO

BUILDING BETTER CARE FOR OUR COMMUNITY

Fisher-Titus continuously strives to improve patient satisfaction. We achieve it by listening to patient needs and ensuring that the physical space used to provide quality care meets our standards of safety, cleanliness, and provides a healing environment.

Over the next few years, many facility renovations and refreshes are planned at Fisher-Titus.

REFURBISHING OUTDATED DÉCOR: FAMILY MEDICINE AND WOMEN'S HEALTH

A refresh of the Fisher-Titus Family Medicine and Women's Health offices in Milan has been completed. The renovation brings the décor up to date with fresh paint and more modern finishes. Similar improvements to the Fisher-Titus Family Medicine office in Wakeman have also been completed.

NEW CONSTRUCTION: NEW LONDON FAMILY MEDICINE AND THE SURGERY CENTER OF NORTH CENTRAL OHIO

In mid-September, Fisher-Titus broke ground on the 3,500-square-foot New London Family Medicine facility on the site of the existing office, which required partial demolition to create room for parking. The current Family Medicine practice remains open during construction.

The redesigned New London facility will feature two medical office suites, each with a private entrance and reception area. The medical building will have eight patient exam rooms; two nurse stations and work areas; and office space for physicians and other providers.

Fisher-Titus Family Medicine will occupy one suite, with the second reserved for future community health-related services such as additional providers or specialty clinics.

In Norwalk, the Surgery Center of North Central Ohio is a jointly-owned venture between Fisher-Titus; certain surgeons from Bay Area Digestive Health; NOMS Access Orthopaedics; NOMS Ear, Nose and Throat; Northern Ohio Foot and Ankle Specialists; and North Central Eye Associates, along with Health Care Facilities Partners which will be responsible for the management and operations of the center. Health Care Facilities Partners is known for ambulatory surgical center operational excellence. It successfully manages surgery centers throughout the U.S.

The Surgery Center will offer over 12,000 square feet of space, including pre- and post-surgical areas, three operating rooms, and a procedure room. The facility will be adjacent to the Fisher-Titus Convenient Care and Northern Ohio Foot and Ankle Specialists office on Milan Avenue (U.S. Route 250). Construction began in early October, with the facility slated to open in late 2020.

RENOVATING SPACE TO CONSOLIDATE SERVICES: GENERAL SURGERY

Fisher-Titus General Surgery will consolidate its two Norwalk locations into one newly renovated space on the second floor of Medical Park 3, located on the Fisher-Titus main campus. The project will expand into the space adjacent to the current General Surgery offices of Eric Schmidt, MD, and Jayne Minier, MD, to accommodate the relocation of the General Surgery office of Michael Nill, MD, and Farid Said, MD, from its current location on Executive Drive.

The renovation of Medical Park 3 will result in a total of 10 exam rooms and two procedure rooms as well as ample space for both General Surgery practices' office staff.

PARTNERS IN THE COMMUNITY

Design and building contractor Janotta & Herner is working with Fisher-Titus on the New London Family Medicine project, The Surgery Center of North Central Ohio project, and General Surgery office renovation. This partnership is well established.

Fisher-Titus and Janotta & Herner have been working together since 1987. Over the last 32 years they have partnered on more than 100 projects ranging from ground-up new construction to interior and exterior office renovations, including a recently completed pharmacy inside Fisher-Titus Medical Center.

The historical timelines of both organizations reflect parallel paths of growth, community improvement, and employee benefits. According to Janotta & Herner President and CEO Mark Chase, over the last 57 years many hundreds of Janotta & Herner employees have utilized the outstanding medical services provided by Fisher-Titus.

"The employees of Janotta & Herner are very fortunate to have such high-quality medical care available in our small community," says Chase. "The partnership between Fisher-Titus and Janotta & Herner is more than business; it is personal due to its positive impact on our families and friends."

He adds, "Consequently, we have a strong desire to be involved in the successful development of Fisher-Titus facilities through our mutual partnership."

FACTS AND FIGURES | THE "NEW" NEW LONDON FAMILY MEDICINE

3,500

SQUARE FEET
OF SPACE

TWO

MEDICAL OFFICE
SUITES

EIGHT

PATIENT
ROOMS

TWO

NURSE
STATIONS

NEW

OFFICE SPACE
FOR PHYSICIANS

187

WEST MAIN ST.
NEW LONDON

FEB/20

ESTIMATED
COMPLETION

Fisher-Titus Family Medicine
New London





EXCELLENT CARE FOR OUR YOUNGEST PATIENTS

WELCOME TO THE PEDIATRIC CENTER OF EXCELLENCE

A SEAMLESS CONTINUUM OF CARE

Fisher-Titus New Beginnings Pediatrics and Akron Children's Hospital have a 25-year history of working together to provide a seamless continuum of care—locally—for families in our community. The Fisher-Titus Pediatric Center of Excellence, located in Medical Park 2 on the Fisher-Titus campus, includes New Beginnings Pediatrics and offices for Akron Children's Hospital specialty care.

The Center of Excellence is designed to streamline care and provide families with a one-stop hub for wellness checkups, care for common colds, bumps and bruises, and visits with advanced specialists, close to home.

FISHER-TITUS WELCOMES ELIZABETH OLDS, MD



Elizabeth Olds, MD
Pediatrician

A native of Sandusky, Dr. Elizabeth Olds is passionate about forming longstanding relationships with her patients throughout their childhood and teenage years.

Dr. Olds provides preventive care to protect children from avoidable illness and injury and also offers care for children with mental health and behavioral issues. She is currently accepting new patients.

To schedule a convenient appointment at New Beginnings Pediatrics, call 419-668-9409. Same day and next day appointments available. New patients welcome.

MEET THE FISHER-TITUS NEW BEGINNINGS PEDIATRICS TEAM:

Board-certified Pediatricians:



Aml Kelada, MD Karen La Salle, MD Wendy Millis, MD, FAAP Glenn Trippe, MD, FAAP Paul Wnek, MD, FAAP

Certified Pediatric Nurse Practitioners:



Kathryn Falter, CPNP Christine Mayer, CPNP Blair Mayfield, CPNP Ashley McGrain, CPNP Eva Sisson, CPNP

EXCEPTIONAL CARE FOR OUR REGION'S YOUNGEST PATIENTS, CLOSE TO HOME

As part of the Center of Excellence, Fisher-Titus also offers families exceptional Pediatric Therapy and Behavioral Health services on the Fisher-Titus campus.

FISHER-TITUS PEDIATRIC THERAPY

Located in the Walcher Rehabilitation Center, The Kids' Place for Learning and Therapy is designed for young patients' special needs. As you enter The Kids' Place, a child-friendly setting allows kids to move, play, and learn in a safe, private environment while they await therapy.

A gym and specialized treatment spaces provide a climbing wall, training horse, swings, zip line, and a ball pit to encourage the development of social and interaction skills, language, sitting, crawling, walking, self-care, and fine motor coordination.

The Fisher-Titus Pediatric Therapy team also provides group programs to supplement educational and private treatment options, along with workshops to promote continuing education for families, educators, and therapists throughout our region.

FISHER-TITUS PEDIATRIC THERAPY SPECIALIZED TESTING AND TREATMENT INCLUDES:

- ♦ Autism diagnostic testing / ADOS- Autism Diagnostic Observation Schedule
- ♦ Dyslexia diagnostic testing and treatment
- ♦ Language-based learning disabilities and treatment
- ♦ Feeding disorders (infants included)
- ♦ Pediatric dysphagia assessment and treatment
- ♦ Spider-cage therapy
- ♦ Evaluations and treatment with speech generating devices
- ♦ Sensory integration
- ♦ Visual support systems
- ♦ Augmentative communication
- ♦ The Picture Exchange Communication System (PECS)®
- ♦ The Hanen Program®
- ♦ Neuro Developmental Treatment (NDTA)™
- ♦ VitalStim®
- ♦ The SOS® (Sequential Oral Sensory) Approach to Feeding
- ♦ Beckman Oral Motor assessment and intervention
- ♦ The Kinesio Taping® Method

For more information about Fisher-Titus Pediatric Therapy, call 419-663-1975, ext. 3040.

AUTISM SPECTRUM KIDS PROGRAM

The Fisher-Titus Autism Spectrum Kids program (ASK) provides special care plans and support for children, families and community members touched by Autism spectrum disorders. ASK is overseen by our Pediatric Therapy Department, which offers specialized physical, occupational, and speech therapy services in a state-of-the-art Pediatric Rehabilitation Clinic.

In addition to therapeutic services, ASK offers families:

- ♦ ASK newsletter and lending library
- ♦ Educational seminars
- ♦ Consultative services
- ♦ Sensory-friendly movies and events



FISHER-TITUS BEHAVIORAL HEALTH

Fisher-Titus Behavioral Health provides diagnoses, counseling services, and medication for patients of all ages. Services address a variety of mental health and behavioral concerns in individual and family settings. The Behavioral Health team encourages patients to live healthy lifestyles and promotes the use of coping skills and self-care in the form of exercise, deep breathing techniques, and more.

FISHER-TITUS BEHAVIORAL HEALTH OFFERS COUNSELING AND TREATMENT FOR:

- ♦ Anxiety, Depressive, Mood, Adjustment, Autism spectrum, and Bipolar disorders
- ♦ Disruptive behaviors
- ♦ Parenting concerns
- ♦ Trauma and abuse
- ♦ Emotional disturbances
- ♦ Family issues
- ♦ Grief

To schedule a Behavioral Health consultation at Fisher-Titus, call 419-668-0311.

NORTH CENTRAL EMS

PROVIDING LIFESAVING CARE EVERY HOUR OF EVERY DAY

For many patients, the care they receive from Emergency Medical Services makes a lifesaving difference. North Central EMS is proud to provide this lifesaving care in service to our communities for over 30 years.

In 2019, the North Central EMS team enhanced its already exceptional level of care with new Zoll X-Series Cardiac Monitors. These mobile heart monitors allow paramedics to transmit EKGs directly to the Fisher-Titus Emergency Department. Once received, the ED team is able to initiate STEMI (ST-Elevation Myocardial Infarction) alerts while the patient is en route.

Fisher-Titus received its designation as a Level 2 Adult Cardiac Catheterization lab in February.

This means Fisher-Titus Heart & Vascular performs interventional procedures as well as the diagnostic procedures it has been offering since the service line launched in 2009.

STEMI is a type of heart attack that requires intervention as quickly as possible because "time is muscle." With the new Zoll X-Series monitors and the Level 2 designation at Fisher-Titus, STEMI patients in our community can now receive intervention faster than ever before.



JOIN THE NCEMS TEAM

Are you passionate about making a difference in the lives of people in your community? Join the North Central EMS team. We are always looking for caring individuals to join our team as EMTs, Paramedics, Dispatchers, and more. For details about available positions, visit fishertitus.org/career-opportunities.



L-R: NFD Capt. Rick Perry; NCEMS Director Ashley Ballah; NFD Lt. Charlie Hillman; Norwalk Safety/Service Director Ellen Heinz; Norwalk Mayor Rob Duncan

PARTNERS IN THE COMMUNITY: NORTH CENTRAL EMS AND NORWALK FIRE DEPARTMENT

This August, North Central EMS and Norwalk Fire announced their three-year agreement to house an NCEMS ambulance at the Norwalk fire station. The agreement is new, but the two entities have a long history of working together to provide critical emergency services to the communities they serve.

During discussions about the new endeavor, Fire Chief John Soisson said, “we enjoy a positive working relationship with North Central EMS and over the years we have developed a tiered response system to medical incidents within the city of Norwalk. We are pleased to take our long-standing collaboration to a higher level.”

The ambulance housed at the fire station provides an extra level of protection. North Central EMS Director Ashley Ballah says the backup squad is an important service for residents.

“Multiple calls can come in simultaneously, and this is our best effort to help keep the costs down for the city while having the appropriate resources available,” Ballah says. “Although the expectation is that the unit will be used infrequently, having this additional resource might make the difference between life and death for a patient.”

The NCEMS ambulance is available to respond to emergencies when North Central’s two Norwalk ambulances and crews are providing care at other scenes at the same time.

Through this agreement, Fisher-Titus and North Central EMS are proud to further collaborate with the City of Norwalk to provide the best possible care in emergency situations.

NCEMS IN THE COMMUNITY

In addition to the lifesaving care it provides, North Central EMS is committed to being in the community, interacting and connecting with people of all ages. With stations in Norwalk, Milan, Berlin Heights, Greenwich, Bellevue, and Green Springs, they are proud to be at the following events and provide these services:

- ◆ **Norwalk Strawberry Festival**
- ◆ **Milan Library Touch-A-Truck**
- ◆ **Huron County Fair**
- ◆ **Blood Pressure Screenings**
- ◆ **Non-Emergent Ambulance transports**
- ◆ **Wheelchair van transportation**
- ◆ **Mental health transportation**

BEAT THE NOVEMBER-DECEMBER BLUES

COPING WITH ANXIETY AND DEPRESSION DURING THE HOLIDAYS

Holiday hustle and bustle and celebrations can increase stress levels in all of us.

For many people, this time of year can produce intense anxiety, depression, or both. Here are some tips for coping during the holidays:

- 1 Make yourself a priority** | Don't get caught up in the whirlwind to the point where you neglect your own physical and mental health. Maintain a good sleep schedule and eat healthy.
- 2 Avoid feeling guilty** | Remind yourself from the beginning that it is unrealistic to please everyone. You may not be able to get everything everyone wants and be everywhere people want you to be.
- 3 Stay connected** | If you don't have family to spend the holidays with or if plans aren't lining up, don't isolate yourself. Maintain a personal connection in other ways via phone calls, texts, or social media.
- 4 Acknowledge differences** | Be aware that people inside and outside your family may also be living with stress, anxiety, or depression. Set aside grievances and approach misunderstandings with an open mind.
- 5 Take a break** | Schedule a 10 to 15-minute break each day during the holiday season to reduce stress. Clear your thoughts, take deep breaths, and do something you find enjoyable.
- 6 Learn to say "no"** | If you feel yourself getting anxious or depressed, give yourself permission to say no. If there are situations where you simply cannot say no, like mandatory overtime at work, then re-evaluate your schedule to see where you can reduce your burden.



The Fisher-Titus Behavioral Health team provides psychiatric diagnostic evaluations for all ages and offers individual, couples, and family counseling and medication management for all psychiatric diagnoses including:

- ♦ Anxiety
- ♦ Depression
- ♦ Mood disorders
- ♦ Psychotic disorders
- ♦ Autism
- ♦ Bipolar disorders
- ♦ Adjustment disorders
- ♦ Emotional disturbances
- ♦ Disruptive behavior
- ♦ Parenting concerns
- ♦ Trauma and abuse
- ♦ Family issues
- ♦ Grief

The Fisher-Titus Behavioral Health team encourages patients to live healthy lifestyles, and promotes the use of coping skills and self-care in the form of exercise, deep breathing techniques, journaling thoughts and feelings, and more.

We offer a complete range of outpatient mental health services, provided by our licensed staff. Learn more by calling 419-668-0311.

MEET THE FISHER-TITUS BEHAVIORAL HEALTH TEAM:



Upender Gehlot, MD

Board-certified Child, Adolescent and Adult Psychiatrist



Mary Peters, CNP

Family-Certified Nurse Practitioner specializing in psychiatry



Lauren T. Drake, LISW

Licensed Independent Social Worker



Nancy A. Lang, MSSA, LISW

Licensed Independent Social Worker



Renee Leber, LISW-S

Licensed Independent Social Worker



Kenneth C. Murray, PhD, LPCC-S

Licensed Professional Clinical Counselor



Judy Zellner, LPCC

Licensed Professional Clinical Counselor



EAT, DRINK, AND DIGEST HEALTHY

Have you ever felt a burning pain in your chest that worsens when lying down or bending over?
Have you experienced a bitter or acidic taste in your mouth?

If so, you have likely experienced heartburn.
With the holidays quickly approaching, indulging in feasts with family and friends may cause you to experience heartburn more frequently than usual. Heartburn occurs when stomach acid backs up in your esophagus. Normally, a muscle in your esophagus prevents this backup from occurring, but if that muscle abnormally relaxes or becomes weak, it can result in acid reflux and cause heartburn.

FOOD FOR THOUGHT

Many foods can cause heartburn, including:

- ◆ **Spicy foods**
- ◆ **Onions**
- ◆ **Citrus products**
- ◆ **Tomato products**
- ◆ **Fatty or fried food**
- ◆ **Peppermint**
- ◆ **Chocolate**
- ◆ **Alcohol, carbonated beverages, coffee or caffeinated beverages**
- ◆ **Large or fatty meals**

Most heartburn symptoms can be managed by watching what you eat and taking over-the-counter antacid medications. However, if they occur frequently and interfere with your routine, you may actually have gastroesophageal reflux disease (GERD), which is more serious and requires treatment by a specialist.



Sulieman Abdal Raheem, MD Maher Salam, MD

WELCOME TO FISHER-TITUS DIGESTIVE HEALTH

Fisher-Titus Bay Area Digestive Health is dedicated to providing personalized, compassionate care for each patient.

It's easy to take a healthy digestive system for granted. But when issues arise and over-the-counter medications don't provide the relief you need, it's time to see a gastrointestinal specialist. The physicians at Fisher-Titus Digestive Health are committed to preventing, diagnosing, and treating the full range of conditions affecting the esophagus, stomach, small intestine, colon, pancreas, liver, bile ducts, and gallbladder.

Whether you or a loved one needs a routine screening or an advanced procedure, Fisher-Titus Digestive Health can help with the treatment and management of:

- ◆ **Gastroesophageal Reflux Disease (GERD)**
- ◆ **Heartburn**
- ◆ **Peptic Ulcer**
- ◆ **Esophageal, Liver, and Pancreatic disorders**
- ◆ **Colon Polyps**
- ◆ **Colon Cancer**
- ◆ **Biliary Atresia**
- ◆ **Irritable Bowel (IBS) and Functional Disorders**
- ◆ **Crohn's Disease**
- ◆ **Ulcerative Colitis**
- ◆ **Chronic Liver Disease**
- ◆ **Diverticulitis**
- ◆ **GI Bleeding and Anemia**
- ◆ **Celiac Disease**

Drs. Sulieman Abdal Raheem and Maher Salam specialize in gastroenterology and hepatology, at 282 Benedict Avenue on the Fisher-Titus campus.

For an appointment with a Fisher-Titus Digestive Health specialist, call 419-663-8061. | fishertitus.org/digestive-health-services

SURVIVING CANCER: ONE WOMAN'S JOURNEY

Barb Schafer, employed 38 years at Fisher-Titus, is a Surgery Charge Nurse. This is her breast cancer story, from her own perspective, in her own words.

Given the choice, I would never want cancer. But it changed my life in a positive way – because I chose to make it positive.

By the grace of God, I discovered my cancer in September 2015 and followed up the next day with my surgeon, Dr. Jayne Minier. I feel that she saved my life because she believed me even though I had a normal mammogram a month earlier, a recent normal breast exam, and my cancer was difficult to feel.

A needle biopsy confirmed I had an aggressive Triple-Negative Breast Cancer. A lumpectomy and sentinel node biopsy with Dr. Minier and Dr. Eric Schmidt revealed my cancer had spread to a lymph node. Dr. Schmidt placed an infusa-port as my oncologist, Dr. Brian Murphy, recommended chemotherapy. I underwent chemotherapy every two weeks from October through January at the Fisher-Titus Cancer Care Center. That was followed by radiation therapy with radiation oncologist Dr. Phillip Engeler.



Barb Schafer with her care team (L-R): George Phillip Engeler, MD, Radiation Oncology; Jayne Minier, MD, General Surgery; Eric Schmidt, MD, General Surgery; Barb; Brian Murphy, MD, Oncology.

It was a tough battle. When treatment was completed in April 2016, I was grateful I was alive but inside I was terrified, as I was no longer fighting the cancer. I kept wondering, "will it come back?" I had been fighting to survive and now that I was done with treatment, I was being pushed back into the real world which was no longer recognizable to me. I felt lost because cancer had changed me. Even though everyone thought I was the same person, I was not. Everyone said, "you look so good," but they didn't understand that I had changed.

My emotional and physical healing had just begun. I wasn't prepared for that.

I needed to figure out how to navigate this new life. I joined an online Triple-Negative Breast Cancer Survivor group to connect with women going through the same experience. Their feedback helped validate that my feelings were normal. It helped to understand the "new me."

I began my journey back to health with physical therapy at Fisher-Titus to strengthen myself. I walked during my treatment when I could – and added hiking, biking and eventually yoga. My faith was an important part of my healing process. It kept me calm, and it still does.

I was given a second chance to live and didn't want to waste a single day. Cancer gave me the opportunity to share my experience to help others, and that is a gift.

What brings passion and joy to your life? Find your answer and start living it. Cancer forced me to stop and figure it out. I began traveling and making many beautiful memories. I take time to enjoy my family and friends, and take on challenges and risks that I would not have before.

I am now stronger, healthier, happier and live with more gratitude and faith. My purpose is to give other survivors hope that they can have a better life.

I am forever grateful to Fisher-Titus for providing me with such exceptional care so close to home. The physicians, nurses, and radiology and oncology departments were overwhelmingly warm, caring and supportive. They provided me with the best possible care that I could have had, especially during such an emotional time going through my cancer diagnosis and treatment. I only have praises for them. They exceeded my expectations!

Remember, you're a survivor! You deserve a great life! Life after cancer is worth celebrating!

SUPPORTING OUR COMMUNITY

Fisher-Titus gives back to the communities we serve in many ways. As a not-for-profit, we are dedicated to providing community members access to quality health care regardless of their ability to pay, addressing the broader health and social needs of the community-at-large, advancing medical knowledge, and demonstrating charitable purpose.



\$1,679,400

CHARITY CARE & FINANCIAL ASSISTANCE

Includes free or discounted health services provided by Fisher-Titus financial assistance programs to people who cannot afford to pay, and costs not reimbursed by Medicaid.



\$494,168

COMMUNITY HEALTH IMPROVEMENT SERVICES & COMMUNITY BUILDING

51,266 PERSONS SERVED

Activities or programs offered to improve community health, including reduced-cost health screenings, support groups, health education events, and children's programs.



\$106,636

CASH & IN-KIND CONTRIBUTIONS

Contributions to support our community partners and other nonprofit organizations that address the health and well-being of our community.



\$123,498

HEALTH PROFESSIONS EDUCATION

100 PARTICIPANTS

Provides internships, instructors, classroom space and clinical training for students in vocational, and college health programs.



\$705,423

SUBSIDIZED HEALTH SERVICES

Health services and processes provided to ensure high quality care in the community despite a financial loss.



\$2,834,926

BAD DEBT

The total cost incurred by Fisher-Titus for services provided to patients who have the ability to pay but have not.



\$4,713,694

UNPAID COST OF MEDICARE

Costs not reimbursed by Medicare.

TOTAL COMMUNITY SUPPORT | \$10,657,745

HURON COUNTY'S LARGEST EMPLOYER | ECONOMIC IMPACT ON OUR COMMUNITY

With more than **1,400** area residents employed by the Fisher-Titus Health system, salaries generated **\$340,231** to support local school taxes; **\$936,706** in taxes to the City of Norwalk; and **\$8.4 million** to the State of Ohio.

SERVICES PROVIDED

| | |
|--|---------|
| Inpatient admissions | 3,456 |
| Days of inpatient care | 10,310 |
| Emergency Department visits | 29,402 |
| Births | 528 |
| Surgical procedures | 8,650 |
| Imaging tests | 57,882 |
| Clinical lab tests | 377,147 |
| Outpatient visits | 142,559 |
| Medical Care physician office visits | 117,434 |
| <i>(includes Convenient Care)</i> | |
| Home Health visits | 15,236 |
| Norwalk Memorial Home residents served | 382 |
| Carriage House residents served | 64 |

OUTSTANDING PHYSICIANS

The Fisher-Titus Medical Staff is composed of independent practitioners as well as physicians and providers employed by Fisher-Titus, and includes 237 physicians and allied health professionals representing 33 medical specialties.



The Fisher-Titus Medical Care employed group includes practitioners representing Primary Care, Pediatrics, Women's Health, Digestive Health, Urology, Behavioral Health, Endocrinology, Pulmonology, Cardiology, and Vascular Care. In 2018, three Primary Care providers, two Pediatrics providers, and an additional provider for Endocrinology joined the Group.

FISHER-TITUS FOUNDATION

The Fisher-Titus Foundation provides support for Fisher-Titus Medical Center, Norwalk Memorial Home, The Carriage House, Kaiser Community Pharmacy, and North Central EMS. Through philanthropy, the Foundation raises funds to strengthen the health care services available to our community.

Individual support is vital to helping Fisher-Titus remain a strong pillar in the community. This is why the Fisher-Titus Foundation was established in 1985. The Foundation connects grateful, generous community members with the mission of supporting and strengthening Fisher-Titus. Your gifts to the separate, not-for-profit Foundation are tax deductible and support a variety of programs and equipment.

With your help the Foundation secures new technology, implements hospital initiatives, provides support groups, and invests in capital building projects to improve and expand inpatient and outpatient services for residents in the communities we serve.

As a Foundation donor, you join Fisher-Titus in advancing its mission to provide excellent community health care to every patient, every time.

THE 2019 FISHER-TITUS FOUNDATION GOLF OUTING

The 30th Fisher-Titus Foundation Golf Tournament, presented by Cerner, was a great day of golf and fun.

This annual celebration of community generosity and good will raised more than \$35,000 in support of local health care services. Proceeds from this year's event benefit enhanced cardiovascular capabilities.



Philanthropy and local community support enable Fisher-Titus to maintain its high-quality patient care and continue to improve the services people expect from the entities that make up Fisher-Titus.

SUPPORTING THE FOUNDATION

THERE ARE MANY WAYS TO GIVE:

Donations can be made online at fishertitus.org/foundation

or via U.S. Mail to [Fisher-Titus Foundation](https://fishertitus.org/foundation)
272 Benedict Avenue | Norwalk, OH 44857

For other gift options to support Fisher-Titus, Estate Planning Guides and Giving Calculators, or to utilize our Online Wills Planner, visit fisher-titusfoundationlegacy.org

Amazon customers can sign up at smile.amazon.com, an identical Amazon website that donates a small percentage of eligible items' purchase prices to the charity of the shopper's choice at no additional cost. We ask North Central Ohio Amazon customers to select the Fisher-Titus Foundation as their recipient.

Next time you shop at Amazon, click smile.amazon.com/ch/34-1476937
then, log into your Amazon account [Your eligible purchases will help support the Fisher-Titus Foundation.](https://smile.amazon.com/ch/34-1476937)



'TIS THE SEASON FOR A GOOD NIGHT'S SLEEP

THE AUTUMN TIME CHANGE. FEWER DAYLIGHT HOURS. COLD MORNINGS.

Seasonal changes like these can contribute to disruptions in your sleep routine. But sometimes sleep problems persist and require medical attention. An estimated 50 to 70 million Americans are affected by one or more of over 100 sleep disorders, including:

- ♦ **Sleep Apnea** (obstructive and central)
- ♦ **Bruxism** (teeth grinding)
- ♦ **Narcolepsy** (an uncontrollable urge to sleep)
- ♦ **Hypersomnia** (excessive daytime sleepiness)
- ♦ **Sleep Paralysis**
- ♦ **Periodic Limb Movement Disorder**
- ♦ **Shift Work Disorder** (problems due to abnormal work shifts)
- ♦ **REM Sleep Behavior Disorder** (acting out dreams while asleep)
- ♦ **Somnambulism** (sleepwalking)
- ♦ **Somniloquy** (sleep talking)

Are you wishing for a better night's sleep?

THE FISHER-TITUS SLEEP CENTER CAN HELP.

The Fisher-Titus Sleep Center provides services for adults and children ages three and older, offering a family-friendly environment including an area within the pediatric room for a parent or guardian to sleep.



To diagnose a potential sleep disorder, a painless evaluation called a sleep study — also known as polysomnography — is performed during a patient's normal sleeping hours. Small metal sensors are placed on the scalp, face, chest, and legs to monitor brain, breathing, and muscle function during sleep.

THE DIAGNOSIS DETERMINES THE TREATMENT.

A good night's sleep is essential to good health. The Sleep Center offers a variety of care plans for various sleep disorders, including positive airway pressure, also known as PAP, which is less invasive and less costly than surgery and is considered the gold standard treatment of Sleep Apnea, one of the most common sleep disorders. Through the Fisher-Titus PAP NAP program, patients receive one-on-one education from our qualified technologists.

Other treatments include oral appliances for very mild Sleep Apnea or Bruxism; medication and behavioral therapy for Insomnia, Narcolepsy, Periodic Limb Movement Disorder (PLMD); and more.

LED BY A CERTIFIED SLEEP MEDICINE EXPERT.



Basem Haddad, MD

Dr. Basem Haddad, Medical Director of the Fisher-Titus Sleep Center, is board certified in Pulmonary, Critical Care, and Sleep Medicine by the American Board of Internal Medicine, and is certified in Sleep Medicine by the American Board of Sleep Medicine.

Dr. Haddad is committed to the timely review of sleep studies so patients can start sleeping better, sooner.

THE SLEEP CENTER IS ACCREDITED BY THE ACCREDITATION COMMISSION FOR HEALTH CARE (ACHC).

If you're having trouble sleeping, talk to your doctor about a referral or call the Fisher-Titus Sleep Center at 419-668-5537 to schedule a sleep study. For more information, visit fishertitus.org/sleep-center.

MY FISHER-TITUS SUMMER INTERNSHIP EXPERIENCE

BY KELLY HUGHES



Throughout my internship at Fisher-Titus Medical Center, my growth has been immeasurable. Walking in the first day, I was unsure of what to expect. But what I experienced this summer far exceeded my expectations ...

I began my internship at the Fisher-Titus Foundation, where I gained an inside perspective on the effort put into fundraising and supporting a nonprofit. I then moved to Volunteer Services where I had the creative freedom to develop, implement, and manage a social media strategy for the hospital's Auxiliary Gift Shop. I also utilized and enhanced my graphic design skills through branding and advertising for the Gift Shop.

The final rotation of my Fisher-Titus internship was with Marketing and Public Relations. As a marketing major, I looked forward to gaining experience and hoped it would help me determine if marketing is the right career path for me. The team encouraged me to be actively involved in meaningful projects, and I was assigned a variety of tasks that showed me all the paths I could take with a marketing degree. Even though I faced challenging undertakings, the team was always there to guide me and offer their total support.

Over the course of my internship, I worked with people from many departments and backgrounds. Each was genuinely invested in helping me grow and succeed. My team, managers, and peers were not only valuable resources, they were my inspiration.

Working at Fisher-Titus has taught me a great deal. I became more confident in my career path, and as an individual. I am grateful to have had the chance to gain real-life experience while being part of a meaningful organization.

OPPORTUNITIES AWAIT AT FISHER-TITUS

After such a successful and enjoyable summer at Fisher-Titus, I was curious to learn about other interns' experiences.

About 1,400 people work together across the health system to provide exceptional care for area patients. With that in mind, I wanted to hear from as many interns as possible from clinical positions like point-of-care-technicians to non-clinical positions like administration, nutrition services and maintenance. Here are highlights from my conversations:

"The people who work here are extremely welcoming and helpful, and that's one thing I love about my job. Rarely do you see employees without a smile on their faces or who are unwilling to help."

Meredith Dilger | Point-of-Care Technician (POCT)



"This opportunity has made me a better staff member and future nurse."

Macie Wallace | Point-of-Care Technician (POCT)



"As an aspiring hospital pharmacist, this internship gave me workplace experience, a better understanding of the whole system and how every department works together."

Mary Wilkerson | Associate, Accounts Payable (L)

"The department welcomed me with open arms. I was constantly greeted with smiles and hellos."

Elizabeth Smith | Intern, Accounting Services (R)



"Everyone here was willing to help me when I struggled, and they were happy to provide me with the experience I needed to succeed in the future."

Adriana Matula | Associate, Human Resources

Following my experience and after speaking with other interns, one thing became clear: the people at Fisher-Titus genuinely want to see you succeed. The wide-ranging opportunities are very rewarding, as Fisher-Titus works toward its goal of enhancing the health, wellness, and safety of patients and the residents of our community.

FISHER-TITUS INTERNSHIPS AND SUPPORTING OUR COMMUNITY

In an increasingly competitive job market, internship experience and the real-world exposure it provides are essential. Fortunately, Fisher-Titus offers numerous, diverse internships close to home. Like me, many of this summer's interns were local:



St. Paul graduate and Physician Practice Associate Lydia Gillen says regarding her internship, "I chose Fisher-Titus because it's the place I grew up. I live in Norwalk and have been going to Fisher-Titus since the day I was born."

Adriana Matula (pictured left), a Human Resources Associate who attended Edison High School, states, "It's a great opportunity to get your foot in the door, learn more about what interests you and add experience to your résumé. An internship, to me, is vital to success because in classrooms we aren't exposed to this environment."



Local intern James Fischer chose Fisher-Titus because of its proximity to home. He says his internship was a great first exposure to a hospital setting and hopes to use his experience to begin his career in the field of physical therapy.

Through its vast services, community outreach programs, and scholarship and internship opportunities, Fisher-Titus continues to improve and support its community every day.



EXECUTIVE UROLOGY OF FISHER-TITUS WELCOMES UROLOGIST **DANIEL MULLIGAN, MD**

Dr. Daniel Mulligan has joined Executive Urology of Fisher-Titus in Bellevue, Norwalk, and Sandusky. He is board certified by the American Board of Urology.

Dr. Mulligan diagnoses and treats urologic conditions and all types of urological cancer including prostate, bladder, testicular, and kidney. He sees patients for kidney stones, bladder infections, urinary issues like frequency, urgency and blood in the urine, as well as leakage or incontinence, and sexual and male fertility issues.

Dr. Mulligan is fellowship trained in robotic urologic surgery from The Ohio State University. A graduate of the Honors College at University of Michigan where he completed a Bachelor of Science in Chemistry, Dr. Mulligan earned his Doctor of Medicine from the University of Toledo College of Medicine.

To schedule an appointment, call 419-668-4328.



FISHER-TITUS NEW BEGINNINGS PEDIATRICS WELCOMES PEDIATRICIAN **ELIZABETH OLDS, MD**

Dr. Elizabeth Olds is a Pediatrician with Fisher-Titus Pediatrics in Norwalk and Bellevue.

A graduate of The Ohio State University where she earned her Bachelor of Science in Biology, Dr. Olds completed her medical degree at the University of Toledo College of Medicine and Life Sciences. Then, Dr. Olds completed a Pediatrics residency at the University of Colorado in Denver in 2019.

A native of Sandusky, Dr. Olds is especially interested in providing preventive care to protect children from avoidable illness and injury, caring for children with mental health and behavioral issues, and forming longstanding relationships with her patients throughout their childhood and teenage years.

To schedule a convenient appointment, call 419-668-9409.



FISHER-TITUS HEART & VASCULAR WELCOMES VASCULAR SURGEON **MOHAMED F. OSMAN, MD**

Dr. Mohamed Osman is a Vascular Surgeon with Fisher-Titus Heart & Vascular. He is certified in Vascular Surgery, General Surgery, and Surgical Critical Care.

Dr. Osman specializes in aortic aneurysm repair, complex aortic dissection, blockage in the aorta or iliac arteries, carotid artery disease, abdominal mesenteric and kidney vascular disease, dialysis access surgery, treatment of varicose veins and vein ablation, limb salvage, malformations in blood vessels, congenital vascular disorders, compression of the artery in the knee, and compression of blood vessels between the collarbone and ribs.

Dr. Osman completed a Vascular and Endovascular Surgery Fellowship at Cleveland Clinic, a General Surgery residency with the University of Toledo, and a Surgical Critical Care Fellowship at Brigham and Women's Hospital, Harvard Medical School in Boston.

To schedule a vascular consultation, call 419-660-4707.



FISHER-TITUS IS PLEASED TO WELCOME TWO NEW NURSE PRACTITIONERS

LEFT-RIGHT:

Allison Ringle, NP-C

Fisher-Titus Family Medicine
in Wakeman

Pamela Snyder, MSN, APRN-CNP

Fisher-Titus
Occupational Health & Wellness



FISHER-TITUS REHABILITATION WELCOMES AUDIOLOGIST

CAITLIN ROBERTSON, AU.D., CCC-A, F-AAA

Caitlin Robertson is an Audiologist with Fisher-Titus. Caitlin performs adult and pediatric comprehensive hearing evaluations; otoacoustic emissions (OAE); auditory brainstem response (ABR); the latest in digital hearing aid fitting, hearing aid repairs, and custom ear protection; and swim plug fittings. She works with patients of all ages from newborns who fail universal infant hearing screenings to geriatric patients.

A native of Norwalk, Caitlin earned her Doctor of Audiology degree from Nova Southeastern University in Fort Lauderdale. She completed her Bachelor of Arts in Speech in Hearing Science at The Ohio State University.

A physician referral is required for hearing evaluations. Once you have been referred, call Fisher-Titus Rehabilitation at 419-660-2700 to schedule your evaluation.



FISHER-TITUS WOMEN'S HEALTH WELCOMES OB-GYN

JOVANA SPREITZER, DO

Dr. Jovana Spreitzer is an Obstetrician/Gynecologist with Fisher-Titus Women's Health in Norwalk and Milan. She is board certified by the American Osteopathic Board of Obstetrics and Gynecology.

Dr. Spreitzer is trained and certified in Da Vinci® robotic-assisted surgery. She also has extensive training in laparoscopic techniques for Gynecology.

Dr. Spreitzer graduated from Michigan State University with a Doctor of Medicine. She completed a residency in the Department of Obstetrics and Gynecology at New York University Lutheran Medical Center in Brooklyn, New York where she was Chief Resident for a year. Dr. Spreitzer has been a practicing Obstetrician/Gynecologist since 2009.

To schedule a convenient appointment, call 419-660-2980.



FISHER-TITUS BEHAVIORAL HEALTH WELCOMES CLINICAL COUNSELOR

JUDY ZELLNER, LPCC

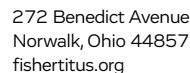
Judy Zellner is a Licensed Professional Clinical Counselor with Fisher-Titus Behavioral Health.

Judy provides counseling services to a diverse population in all age groups. She addresses a wide range of mental health concerns including mood and anxiety disorders, self-esteem issues, grief and loss, and substance abuse. She is trained in anger management, crisis intervention, and suicide prevention.

Judy has extensive experience assisting individuals in managing difficult emotions and dealing with problems related to major life adjustments. She offers a personalized approach tailored to each client's individual needs using evidence-based techniques.

A graduate of Heidelberg University where she earned her Master of Arts in Counseling, Judy has been a Licensed Professional Clinical Counselor since 2013. Prior to joining Fisher-Titus Behavioral Health, she worked as a counselor with Firelands Regional Medical Center.

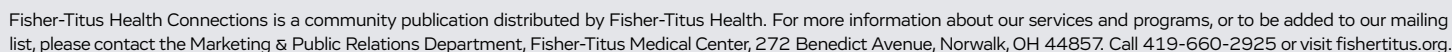
To schedule a consultation, call 419-668-0311.



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IT'S EASY TO SCREEN FOR BREAST CANCER AT FISHER-TITUS WITH CONVENIENT WALK-IN MAMMOGRAMS.

If you are a woman at least 40 years of age who has not felt a lump and is currently not experiencing breast pain or discharge, come to Fisher-Titus Imaging Services, 272 Benedict Avenue in Norwalk. No appointment necessary.

Screening hours: Weekdays 3 – 6 p.m.
 Saturdays 7 – 11 a.m.

Fisher-Titus offers 3-D mammography, the most detailed breast tissue imaging available, which can detect up to 40 percent more cancers earlier than 2-D scans. We also use curved paddles, to minimize discomfort and enhance image quality.

For more information, call 419-663-1975, ext. 6205.

Contact your insurance provider to determine coverage for screening mammograms.

Have your annual mammogram. Detected early, breast cancer is 99 percent curable within five years of diagnosis.

The Fisher-Titus Mammography Fund provides free screening mammograms and interpretation for uninsured or underinsured patients so that no one misses this lifesaving screening. The Fund also assists individuals who do not have or cannot afford transportation to Fisher-Titus for mammograms.

**Contact our Financial Services Advisor to learn more about the Mammography Fund:
419-660-2678 or 800-668-8788, ext. 6278.**