



FISHER | TITUS

SUMMER  
2024

# health

## Connections



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## A MESSAGE FROM OUR PRESIDENT

# Community-Centered

At Fisher-Titus, community means everything. That's why we are dedicated to the success of our people, outcomes of our patients and healthy lifestyles in our communities.

Our commitment to providing high-quality care to the community is shown in the various awards, recognitions, and accreditations Fisher-Titus has received since the start of the year. A few significant distinctions so far in 2024 include:

- Earning an 'A' Hospital Safety Grade from The Leapfrog Group, which is a testament to our hospital staffs' dedication to keeping patient safety a top priority, and we are elated to receive this honor once again.
- The American Heart Association's Get With The Guidelines® - Rural Stroke Bronze Award recognizes rural hospitals like Fisher-Titus for making efforts to optimize stroke care and eliminate rural health care outcome disparities.
- Being named one of 404 hospitals across the country to earn the distinction of America's Best Maternity Hospitals by Newsweek, the fifth year in a row the Fisher-Titus Maternity Department has earned this recognition. Our committed birthing center staff go the extra mile to ensure that laboring patients and their newborns receive exceptional care. *See page 5 for more information about this recognition.*

Supporting our community is not only limited to the care we provide or the accreditations we earn. Fisher-Titus has sponsored a variety of projects and events this year, including:

- The construction of tracks for Monroeville and Western Reserve Schools, which lays a foundation of health and wellness for each respective

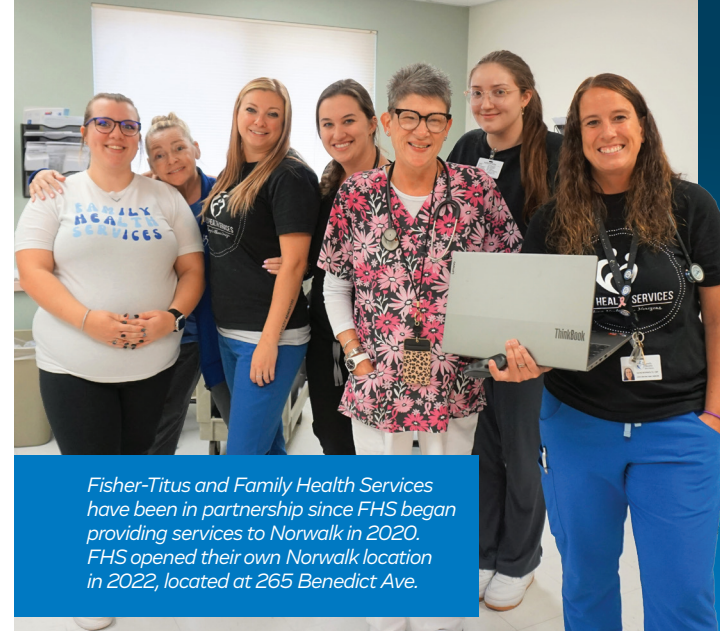
community. Before completion, neither school hosted a track meet for 30 years. Now, Monroeville has since returned to hosting local track meets and Western Reserve's track is set to open in August of this year. Both tracks will serve as fitness hubs for area residents for years to come.

- In a collaborative effort with The Cleveland Guardians Charities and The George & Margaret Sweeting Legacy Fund, Fisher-Titus sponsored a restoration project of the Greenwich Youth Ball Fields located at the Greenwich Reservoir Park. This collaborative sponsorship raised \$15,000 to update the fields, dugouts, benches, and bases at the park.
- Fisher-Titus supports upkeep and maintenance for Firelands Rails to Trails, a county-wide trail program that allows residents to walk, run, or bike alongside roughly 16 miles of Huron County's scenic countryside and small towns.

We are deeply humbled by our community's endless support, which is evident in over 350 attendees at our Willard Health Center's Grand Opening on a chilly Saturday in March, or simply by choosing Fisher-Titus for care. No matter the circumstance, the community's gratitude for our initiatives and our health care staff remains important as ever as together we face an ever-changing healthcare landscape.

As 2024 marches on, we look forward to expanding additional services, securing new accreditations, sponsoring more projects, and continuing to earn our community's valued trust. I hope you and your loved ones remain healthy and safe through the remainder of the year.

Brent Burkey, MD  
President and CEO, Fisher-Titus Health



Fisher-Titus and Family Health Services have been in partnership since FHS began providing services to Norwalk in 2020. FHS opened their own Norwalk location in 2022, located at 265 Benedict Ave.

## Who is Family Health Services?

As 1 of approximately 1,400 Federally Qualified Health Centers (FQHC) in the United States, Family Health Services (FHS) help provide a comprehensive range of outpatient services to areas, often rural, that lack access to patient-centered medical services.

"As a FQHC, we are open to everyone regardless of their ability to pay," says CEO David Tatro. "Our goal is to improve the health of our community and break down the various healthcare barriers that people face."

## What services are offered at FHS?

At FHS, you have access to Dental Care, Behavioral Health, and Primary Care services, providing experienced and compassionate healthcare professionals to those in need of these services.



## Dental Care

Huron County is designated as a "Dental Desert", meaning that there are not enough dentists to provide dental care to the area residents. FHS aims to offer a solution to this issue by offering dental care in its facilities to those in need.

Unlike most dental facilities in FQHCs, FHS provides a full-service dental clinic to its patients, meaning patients can receive dentures, fillings, tooth extractions, root canals, as well as many other procedures and screenings.



## School-Based Clinics

Working with the local schools in our community, FHS helps provide school-based clinics for students to receive physicals, immunizations, and assist with treatment as needed. Currently, FHS is partnered with 9 local schools, with plans to add more in the future.



## Can't Get a Ride?

Family Health Services has you covered! FHS has transportation services available, with handicap-accessible vans in Huron and Erie Counties. This allows them to pick patients up for their appointments, and conveniently get them home afterwards.



## Behavioral Health

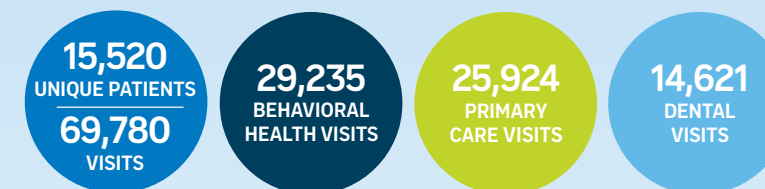
Similar to being a Dental Desert, Huron County also experiences a lack of behavioral health services for its residents. FHS has multiple, board-certified behavioral health professionals that work with patients to create personalized treatment plans and help them overcome mental health barriers through counseling, mental health screenings and assessments, psychiatric medication management, and more.



## Primary Care

Acting as a supplement to other area primary care providers, FHS offers primary care to local residents in need of care. With providers at all locations, including 2 full-time nurse practitioners at the Norwalk location, affordable care is never out of reach for patients.

## In 2023, FHS Reported:



## Family Health Services Locations

Norwalk	Sandusky	620 E. Water St., Suite A	149 E. Water St.
265 Benedict Ave. Norwalk, OH 44857 419-219-9776	1912 Hayes Ave. Sandusky, OH 44870 419-502-2800	Sandusky, OH 44870 419-502-2839	Sandusky, OH 44870 419-502-2839



To learn more about Family Health Service, please visit [familyhs.org](http://familyhs.org).

# Back to School

When kids think about summer, they often think about a break from school, spending time with friends, and enjoying the warm weather. However, parents often start thinking about getting their children ready for the next school year when summer comes around. Fisher-Titus' presence in local schools ensures your kids stay healthy as they get back to class and start training for athletic activities.



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Schedule your child's physical with a Fisher-Titus provider by visiting, [fishertitus.org/schedule](https://fishertitus.org/schedule).

## School Nurses

As the school year begins and kids begin filling classrooms, the chance for students to get sick also increases. Our school nurses are prepared to help your children stay healthy as they get back in the classroom.

School nursing is a specialized field of healthcare that focuses on safeguarding and enhancing student health, promoting optimal development, and advocating for academic achievement. While our school nurses will care for students when they are ill, they are also focused on preventing illness, stopping the spread to other students and staff, and keeping performance in the classroom for all a priority.

Kathy Mitchell, the Licensed School Nurse for South Central Local Schools, outlines the common complaints that students bring to their school nurses.

"During spring and fall, school nurses see a lot of injuries from playing outside at home, sports-related injuries, bug bites, and poison ivy," she describes. "If the weather is nice, we experience some playground bumps and bruises. During the winter months, we deal with colds, strep throat, influenza, COVID-19, and other various illnesses."

To combat these issues, Mitchell also describes some of the methods she and other school nurses use to help keep students healthy.

"I try to teach preventative, healthy habits, such as drinking more water, getting more sleep, and choosing healthy foods. At the beginning of the school year, I teach good handwashing and hygiene to the younger students in their classrooms."

Sometimes, a school nurse is also responsible for being a detective to figure out what may be causing a student's issue.

"A student may see me for a stomachache or headache but is not necessarily sick," explains Mitchell. "They may be worried about a test, upset about a friend or family member, had a busy weekend and are tired or got to bed late, had a substitute and don't like the change in their routine, or a variety of other reasons."

Joining the likes of education staff such as teachers, counselors, principals, and others, school nurses interact with students, as well as their families, on a daily basis and become a part of their life.

"My favorite part of being a school nurse is getting to know the students, their families, and watching the students grow and change each year," states Mitchell. "I want the students to be comfortable with me and able to come to me when they need help."

Fisher-Titus has school nurses at the following schools: Norwalk City Schools, Norwalk Catholic Schools, Monroeville Local Schools, and South Central Local Schools.

## Athletic Training

When students gear up for the new school year, they also gear up for the wide variety of extracurricular activities, including fall sports. As is the case with any sport, injuries are often the reason that students miss out on participating in their favorite activities. Preventing injuries from occurring or properly rehabilitating an injury are vital to ensure the safety and well-being of student athletes. That's where Athletic Trainers come in.

"An athletic trainer is somebody in the community that is able to help and support student athletes and their extracurricular activities," explains Jacob Rospert, Supervisor of Rehabilitation at Fisher-Titus. "They act as the liaison between the physicians, parents, coaches, and student athletes to make sure the students are participating safely in their athletic activities."

Athletic Trainers specialize in the prevention, assessment, treatment, and rehabilitation of injuries and medical conditions related to physical activity and sports. They work alongside medical professionals, coaches, and athletes to maintain overall health, fitness, and athletic performance.

There are a variety of injuries that sideline student athletes for extended periods of time, causing them to miss valuable time in their extracurricular activities. Some of these injuries are more common than others:

"Our most common injuries are concussions, ankle sprains, and knee tendinitis," says Rospert. "We work with student athletes to help prevent through different protective measures, educate them about the dangers of these injuries, and help them with rehabilitation if these injuries do occur."

Fisher-Titus Athletic Trainers are at the following schools: Norwalk City Schools, Norwalk Catholic Schools, Western Reserve, South Central, and Monroeville. Plans have been made to add Athletic Training at Willard City Schools as well.



SCAN THE QR CODE FOR MORE INFORMATION



For more information on Athletic Trainers at Fisher-Titus visit, [fishertitus.org/athletic-training](https://fishertitus.org/athletic-training).

# Delivering Award Winning Care



Fisher-Titus has been recognized by Newsweek for the fifth year in a row as a Best Maternity Hospital. We are one of my 404 facilities recognized nationally and the only one in the region to receive this designation. With this award, families delivering at Fisher-Titus can expect to experience the highest quality maternity care possible.

"To get named in the same award as the major hospitals in Ohio, like the Cleveland Clinic or Ohio State, or major institutions around the country such as Emory, Duke, or Johns Hopkins is an honor," explains Dr. James Kasten, Chief of Obstetrics at Fisher-Titus. "Very few hospitals our size or in rural areas get this award. To me, that's an affirmation of the quality care that we're able to deliver here in Norwalk."

This award is given to facilities who meet a variety of criteria regarding clinical outcomes related to maternity care, stats and metrics, and even patient experience surveys.

"This recognition demonstrates our ability to deliver maternity services that match or exceed those of the larger hospitals named on the list," states Dr. Mona

Nataprawira, OB/GYN. "Receiving this award five years in a row shows that Fisher-Titus has been delivering quality care over a long period of time."

The Fisher-Titus Birthing Center is home to a wide variety of services, including baby bootcamp, lactation support groups, and child/infant CPR, all designed to prepare families for their new arrivals. The Birthing Center is also home to an experienced nursing staff that is committed to caring for moms and their newborns.

"Many of our nurses are not only tenured at Fisher-Titus, but in obstetrics as well," states Dr. Karen La Salle, Chief of Pediatrics at Fisher-Titus. "In a small community like we have in Huron County, people know if you are providing good, genuine care, and this award is a testament of that. We're lucky to have nurses that have been in the field this long."

"The nursing staff and patients work together as a team to orchestrate a birth experience that fits the unique needs of each new family," says Theresa Leber, Staff Nurse, Obstetrics. "Every patient and every experience are so different and that is what keeps the job interesting and exciting. After 36 years, I still am thrilled to be a part of this special moment with parents and their families."

To learn more about our Birthing Services, schedule a tour of the Birthing Center, or sign up for Baby Bootcamp Classes, visit [fishertitus.org/birth](https://fishertitus.org/birth).

SCAN THE QR CODE FOR MORE INFORMATION



## From Hospital TO HOME

Earlier this year, Ohio Governor Mike DeWine announced the creation of a new program by the name of "Family Connects" that will offer all new families a nurse home visit around three weeks after the family brings their baby home. Fisher-Titus was chosen as one of 5 organizations, and the only hospital, chosen to provide newborn and maternal home nurse visits to families who deliver their babies at the Medical Center as well as families residing in Huron County who may have delivered at other facilities.

"We are deeply honored to be part of the Family Connects initiative," said Brent Burkey, President & CEO of Fisher-Titus. "Fisher-Titus looks forward to serving approximately 500 new families in Huron County and surrounding areas within the first year of this program."

"As part of our commitment to new families and our community, we want to ensure that every new mom and family receive the essential support they require as they transition home with their newborns," said Alisha Nims, Manager of Obstetrics at Fisher-Titus. "Through the Family Connects program, we extend personalized nurse home visits to families who give birth at Fisher-Titus, regardless of where they live, as well as Huron County mothers and babies, regardless of where they delivered."

This program will be established at Fisher-Titus within the coming months. Once the program is running, families will be offered the opportunity to schedule a visit during their hospital stay.

For more information on the program, visit [familyconnects.org](https://familyconnects.org).

SCAN THE QR CODE FOR MORE INFORMATION



"Fisher-Titus looks forward to serving approximately 500 new families in Huron County and surrounding areas within the first year of this program."

# Q&A Surgical Services: at Fisher-Titus

## Commonly Asked Questions and Answers About Our Surgical Services

Getting a surgical procedure can be a daunting task for many patients. However, it does not have to be! Fisher-Titus is home to the latest surgical technology and equipment, as well as to surgeons and surgical staff who are experts in their field. Janet Duran, Director of Surgery Services, and Brittany Shepherd, Manager of Surgical Prep & Recovery, shared their knowledge of our surgery department and what patients can expect when they come to Fisher-Titus for a procedure.



### What surgical services are available at Fisher-Titus?

"Fisher-Titus offers a lot of surgical services to the community, anywhere from general surgery procedures such as appendectomies, hernia repairs, and breast biopsies to ear, nose, and throat (ENT), ophthalmology, orthopedic procedures, C-sections, urological surgeries for stones, and many more," said Duran. "We also offer robotic-assisted surgery, which uses state-of-the-art technology to perform some of the most advanced surgical techniques, from minimally invasive surgeries which require smaller incisions, to more complex surgeries such as total joint replacements."

"Endoscopy procedures, which are outpatient procedures, are a significant part of our services at Fisher-Titus," answered Shepherd. "Our Endoscopy staff specialize in diagnosing a wide range of conditions affecting the digestive system, including the esophagus, stomach, small intestine, colon, liver, and other areas of the digestive tract."

### How do I know if I need a surgical procedure?

"Patients should talk to their primary care provider first about the pain they are in or the symptoms that they have," Duran explained. "Then, the primary care provider can acknowledge what their next step would be. Whether that be bone pain and needing an orthopedic surgeon, or going to a general surgeon, the process would start with your primary care provider."

*The da Vinci Surgical System, which allows surgeons to perform complex procedures with precise, small movements through a few tiny openings.*

*"Robotic-assisted surgery has allowed us to send our patients home on the same day as their procedure if they meet certain criteria."*

### What is the benefit to robotic-assisted surgery?

"With traditional, open surgery, patients were typically out of work anywhere from 6 to 8 weeks," Duran said. "With robotic surgery, it will decrease that time to anywhere from 2 to 4 weeks because there are less and smaller incision sites. Overall, it decreases down time, pain, discomfort, and blood loss, and improves recovery and quality of life post-procedure."

"A lot of our surgical cases can be done robotically and minimally invasive, and not a lot of places around here have that capability," stated Shepherd. "Patients do not have to travel to Cleveland or Toledo to get these procedures done. We can do everything that they could do for a procedure, right here in the community."

### How has surgery changed in recent years, and where is surgery going?

"We have seen a decrease in inpatient procedures and an increase in outpatient procedures in all surgeries that we are doing, decreasing our patients' length of stay in the hospital," said Shepherd. "The use of minimally invasive surgery and robotic surgery has led to shorter stays, which is better for the patient."

"Robotic-assisted surgery has allowed us to send our patients home on the same day as their procedure if they meet certain criteria, which was

not always possible in the past," Duran remarked. "Patients can rehabilitate at home after procedures like total joint replacements, appendectomies, hysterectomies, and more. That offers the patient a lot, such as their family's support in an environment that they're comfortable in and they already know how to move around in."

### What can I expect from the surgical staff at Fisher-Titus?

"The surgical process includes a wide variety of different staff members," Shepherd outlined. "Patients typically encounter prep & recovery staff before and after the procedure, the surgeon, first assistants who support the surgeon, surgical techs who hand instruments to the surgeon, circulators who monitor the patient and advocate for them, anesthesia staff, and even x-ray staff might be in there. It truly is a team effort."

"Our perioperative staff at Fisher-Titus are deeply committed to patient care," Duran emphasized. "They are knowledgeable, dedicated to family atmosphere in the operating room, and are always willing to help out someone in need. Our employees make you feel like a patient, and not just a number. I am very proud that we are home to such an amazing staff."

## Do you need a surgical procedure?

SCAN THE QR CODE FOR MORE INFORMATION



Visit [fishertitus.org/surgery](https://fishertitus.org/surgery) to see what Fisher-Titus has to offer, and talk to your primary care providers to see what procedure might be right for you.

(L to R): Brittany Shepherd and Janet Duran





## The Fisher-Titus Foundation's Cork & Kegs Recap

With over 150 guests in attendance, the Fisher-Titus Foundation's 4th Annual Corks & Kegs event, presented by NOMS Healthcare, was a massive success in raising funds to support the Mammography & Stereotactic Breast Biopsy Equipment Project. A night full of food and fun at Sandy Ridge Vineyards & Mercantile lead to

nearly \$20,000 being raised for the enhanced breast biopsy equipment. "On behalf of our staff and patients, thank you to everyone who did and will participate/sponsor our fundraising efforts this year," said Karla Meisner, R.T. (R)(MR) director, Imaging Services. "These events are helping to bring a higher resolution and more targeted breast biopsy experience to our patients."



## Celebrating Our Community's Support

The Fisher-Titus Foundation overflows with gratitude to the incredible community who helped raise a staggering \$112,000 for our "Cuddles" project. This brand-new infant security system replaces the outgoing HUGS system in our OB department, ensuring the next

generation of security for our most precious patients – newborn babies. Thanks to the generous business partnerships, heartfelt signature gifts, and every donation made to the Circle of Care Annual Fund, we can truly give the gift of "Cuddles" to countless moms and their newborns!



## X-rays Services Now Available at the Willard Health Center!

**Monday and Wednesday:**  
7:00am to 7:30pm

**Tuesday, Thursday, and Friday:**  
7:30am to 4:00pm

The Willard Health Center is located at  
230 East Walton Street,  
Willard, OH 44890.

**Call 419-935-0196 for an appointment.**

### CPR TRAINING

#### Heartsaver CPR & AED

Thursday, August 2; 4-8 p.m. - Cost is \$40.00

#### Heartsaver First Aid & CPR

Thursday, October 10; 4-9 p.m. - Cost is \$60.00

All classes are held in the Fisher-Titus Technology Room. Register by calling 419-660-2713.

### FOR YOUR HEALTH

#### Diabetes Self-Management Education Program

Physician referral required. This program is designed for individuals interested in learning more about diabetes management. Individuals will receive a one-on-one visit with a registered nurse and dietitian, and they are encouraged to join group classes. Fees apply. Call 419-660-2596 for more information.

#### American Red Cross Blood Drives for 2024

Fri., Aug. 30, 2024

Fri., Nov. 22, 2024

Fri., Sept. 27, 2024

Fri., Dec. 27, 2024

Blood Drives at Fisher-Titus Medical Center are from 12-4:30 p.m.

To schedule an appointment, call 1-800-RED-CROSS or visit [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and enter sponsor code: FTMC.

### FISHER-TITUS AUXILIARY SALES

#### Nutman Snack Sale

Monday, August 26 and Tuesday, August 27

Fisher-Titus Medical Center - Ghrist Room

#### Shoe Sale

Monday, September 16 and Tuesday, September 17

Fisher-Titus Medical Center - Ghrist Room

#### Fall Fundraiser - Baked Goods and Home Décor

Monday, September 23, 10:30 a.m.-7 p.m.

Tuesday, September 24, 7 a.m.-2 p.m.

Fisher-Titus Medical Center - Ghrist Room



**Wellness Prescribed**  
A HEALTH & WELLNESS PODCAST  
FROM FISHER-TITUS

Check out the Fisher-Titus Wellness Prescribed Podcast to hear from our health care professionals and learn health & wellness tips for a variety of topics!

Visit [fishertitus.org/podcasts](http://fishertitus.org/podcasts), or listen on YouTube or Spotify!

SCAN THE QR CODE TO LINK TO OUR PODCAST



### STROKE SUPPORT GROUP

Have you or a loved one experienced a stroke? Join our monthly Fisher-Titus Stroke Support Group, led by Jason Strong, Mara Seiler, and Karen Daniel. We connect stroke and traumatic brain injury survivors, their families, and caregivers. These sessions provide education, inspiration, and support through discussing topics like stress management, post-stroke mood, yoga, and more. The group meets in the Ghrist Room on the 4th Wednesday of every month from 3-4 p.m.

**Next meetings: Aug. 28, Sept. 25, Oct. 23**

### Join Our Private Fisher-Titus Stroke Support Facebook Group

Only members can post and view content.

To join, scan the QR code with your phone or search "Fisher-Titus Stroke Support Group" on Facebook.



### 2024 LAB SCREENINGS

Lab screenings provide an opportunity for you to access inexpensive health evaluations to help determine your risk of developing a medical condition such as diabetes. Appointments are required. Cash, credit cards, and checks accepted. Call 419-660-2646 to schedule your appointment.

#### Health Screenings Include:

<b>Blood Analysis*</b> Includes complete blood count (with differential), basic metabolic panel, lipid panel, hepatic profile.....	<b>\$45</b>
<b>Prostate Specific Antigen (PSA) Test</b> .....	<b>\$30</b>
<b>Hemoglobin A1c</b> .....	<b>\$30</b>
<b>Thyroid Test (TSH)</b> .....	<b>\$25</b>
<b>Vitamin D</b> .....	<b>\$35</b>

\*12-hour fasting required. You may drink water and take regular medications.

#### Upcoming Screenings

**Tuesday, August 20, 7-10 a.m.**

Fisher-Titus Family Medicine - New London  
187 West Main Street, New London 44851

**Tuesday, September 17, 7-10 a.m.**

Fisher-Titus Family Medicine - Wakeman  
24 Hyde Street, Wakeman 44889

**Tuesday, October 15, 7-10 a.m.**

Willard Health Center  
230 East Walton Street, Willard 44890



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272 Benedict Ave.  
Norwalk, OH 44857

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Fisher-Titus does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment, or on the basis of sex in its health programs and activities. For further information about this policy, contact: Suzanne Farmer, 419-668-2270

## Don't wait until you're sick! Schedule your Annual Wellness Visit today.

Taking care of your health isn't just about treating problems when they arise. Annual Wellness Visits are your chance to catch health concerns early, before they become bigger issues.

- **Identify potential problems early:** Early detection often means easier treatment and a better chance of full recovery.
- **Monitor existing chronic conditions:** If you have a health condition, these visits help you and your doctor manage it effectively.
- **Stay up-to-date on preventive care:** These visits can save you time and money by catching health issues early, as well as staying up-to-date on preventive care, including screenings, vaccinations, and lifestyle advice to keep you healthy.

Don't wait until you're feeling unwell to prioritize your health!

*\* Medicare Annual Wellness Visits are provided at no cost to the patient.*



## Schedule Your Yearly Visit Now

[FisherTitus.org/Schedule](http://FisherTitus.org/Schedule) or call (419) 660-2900