



health

Connection



Stay Active
with
Fisher-Titus
this
Summer!

**Committed to
Health in Our
Community**

PAGE 5

**Carriage House
Celebrating 25th
Anniversary**

PAGE 8

**Summer
Nutrition Tips**

PAGE 11



contents

New Providers	3
Summer Spotlight	5
Employee Spotlight	7
Carriage House	8
Pediatric Therapy Programs	9
Community Calendar	10
Summer Nutrition Tips	11

A Message from Dr. Brent Burkey

As we are almost mid-way through the year, it is nice to look back and reflect on all the great things that have happened at Fisher-Titus since last Fall. During this time, we have been humbled by all the outpouring of love, care, and trust from our people, patients, and community.

At Fisher-Titus, our employees are our people. No matter if someone is in a clinical or non-clinical role, our people routinely go above and beyond to provide high-quality care and experiences for all. I am eternally proud of their dedication and commitment to both Fisher-Titus and our community. Their ability to evaluate and solve challenges while remaining positive and putting others before themselves is always impressive.

Our patients who put their faith in Fisher-Titus to always be available for you and your loved ones in providing compassionate, accessible, and convenient care. Fisher-Titus would not have achieved its position as the first choice for care within our region without the invaluable trust and support from you.

Additionally, Fisher-Titus is grateful to be a part of such a remarkable community. Over the last year, we have been able to invest back into our community by supporting a variety of projects and events that promote health and wellness. Whether it be community health screenings, 5k runs, the New London Batting Cages, the Suhr Norwalk Splashpad, and many other projects which allow our community to improve its health and wellness. We deeply value our community, and these investments are a meaningful example of our commitment to you.

Thank you to our people, patients, and community for all of your continued support. I hope you and your loved ones remain healthy and safe through the summer months.

Brent Burkey, MD
President & CEO, Fisher-Titus



A look back at the projects we accomplished in 2022

1. Walking Path at Contractors Field
2. Willard Walking Path
3. Wakeman Fitness Park
4. McGuan All-Abilities
5. Restore Norwalk
Splash Pad *(not pictured)*



New Providers



**TAMMY BRYANT, CNP
WILLARD**

Tammy Bryant, CNP has joined Fisher-Titus Family Medicine - Willard as a nurse practitioner. Tammy is a family nurse practitioner seeing patients of all ages. She also sees women's health patients for routine appointments and concerns including IUD insertion and removal and subcutaneous contraceptive implant placement and removal. A graduate of Ohio University where she earned her Bachelor of Science in Nursing, Tammy completed her Family Nurse Practitioner Program with Walden University in 2021. Tammy has over 20 years of experience in nursing. She has worked as a registered nurse in intensive care, emergency, post-partum, pre- and post-operative, and as a nurse supervisor. She is certified in advanced cardiovascular life support, pediatric advanced life support, and as a basic life support instructor.

When she is not at work, Tammy enjoys a variety of things: gardening, crocheting, reading, listening to music, and cooking out with friends and family. She has even been granted the nickname "Queen of Halloween" after her love for the holiday.



**JAMIE DEMPSEY, PA-C
NORWALK**

Jamie Dempsey, PA-C has joined Fisher-Titus Convenient Care - Norwalk location. She completed both undergraduate and graduate programs at Lake Erie College in Painesville, Ohio. In 2014 she earned a Bachelor of Science in Biology and then achieved her Master of Physician Assistant Sciences in 2016. She is a member of the American Academy of Physician Assistants and the Ohio Association of Physician Assistants since 2014. Dempsey is skilled in varying medical disciplines and has a passion to share her knowledge, compassion, skills, and abilities in a collaborative environment.

She enjoys spending her free time with friends and family, mostly with her husband and 2 sons. Jamie is also passionate about baking and cooking.



**ELLEN FRASIER, PA
WILLARD**

Ellen Frasier, PA has joined Fisher-Titus Family Medicine - Willard as a physician assistant. A graduate of Capital University where she earned her bachelor of arts in biology in 2019, Ellen completed her master of physician assistant studies with the University of Findlay in 2021. She is a member of the American Academy of Physician Assistants and the Ohio Association of Physician Assistants. Ellen is passionate about providing efficient, compassionate, and quality care to her patients.

In her free time, she enjoys walking with her dogs, hiking, fishing, cooking, baking, and reading.

Welcome to



**MINDY RIEDY, NP
WAKEMAN**

Mindy Riedy, NP has joined Fisher-Titus Family Medicine in Wakeman as a Nurse Practitioner. Mindy attended The University of Cincinnati where she earned her Master's Degree in Nursing. She is a member of the American Academy of Nurse Practitioners and is certified in the field of Primary care and Gerontology. Mindy has over a decade of experience as a Nurse Practitioner providing primary care for a large patient population in a rural health care setting. She is skilled at managing chronic conditions and acute illnesses.

Mindy takes pride in her dedication to the practice of medicine but most importantly, the ability to help others regain and maintain their health. She combines evidence-based practice with individual patient needs to help develop long-term goals and treatment plans. Outside of her career, she enjoys spending time with family and friends. She loves being outdoors and going for jogs and hikes as well as sight-seeing. She loves music and appreciates the experience of live performances and theatre. Mindy loves learning new things through continuing education research and courses and also loves a good fiction novel every now and then.



**SAMUEL ROSS, MD
BELLEVUE**

Samuel E. Ross, MD has joined Fisher-Titus Family Medicine – Bellevue as a family medicine physician. Dr. Ross has been serving patients in the area since 2018 as a family medicine physician in Bellevue. Prior to that, he worked as a family medicine physician at Emerald Family Practice in Michigan. Dr. Ross enjoys working in small local communities and treating the whole family throughout all stages of life. He has a particular interest in helping patients reach their weight loss goals using a variety of methods including weight loss medications.

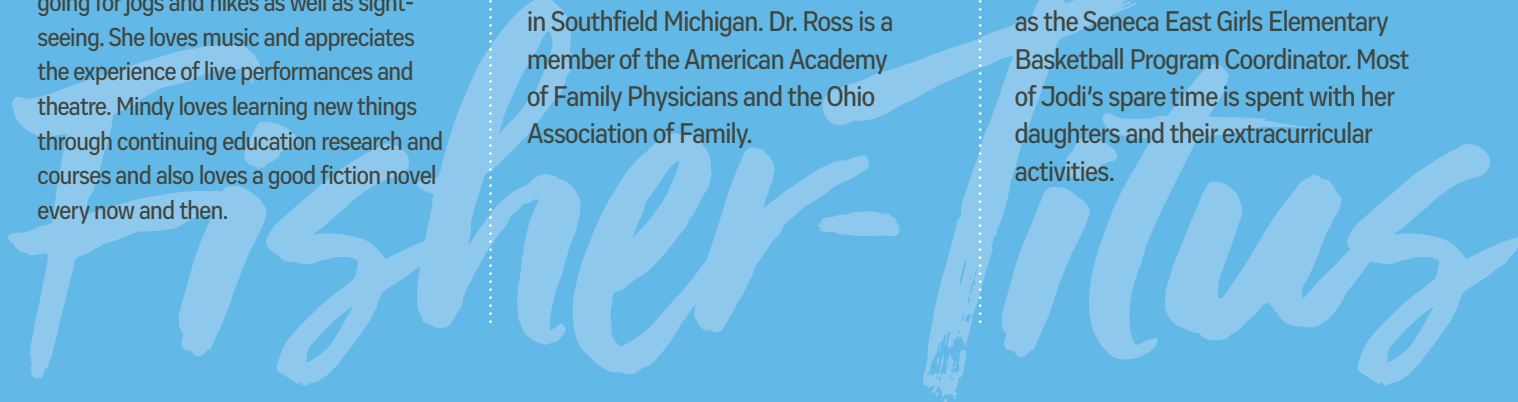
In his free time, he is passionate about mission work and participates in mission trips in El Salvador. A graduate of St. George's School of Medicine, Dr. Ross completed his Family Medicine Residency at Providence Hospital in Southfield Michigan. Dr. Ross is a member of the American Academy of Family Physicians and the Ohio Association of Family.



**JODI SCHWAB, FNP-C
BELLEVUE**

Jodi Schwab, FNP-C has joined Fisher-Titus Family Medicine - Bellevue as a nurse practitioner. Jodi attended the University of Cincinnati where she earned her master's degree in nursing. She is a member of the American Academy of Nurse Practitioners and the Ohio Board of Nursing. Jodi has over a decade of nursing experience and over five years' experience as a Nurse Practitioner providing primary care in Huron County. She is skilled at managing chronic conditions and acute illnesses and has experience as a nurse practitioner in both obstetrics and gynecology.

Outside of her career, Jodi enjoys spending time on her farm, where her and her family raise sheep for 4-H projects. She has been a 4-H advisor for the past 4 years. Jodi also volunteers as the Seneca East Girls Elementary Basketball Program Coordinator. Most of Jodi's spare time is spent with her daughters and their extracurricular activities.



Committed to the health of our community

A top priority of Fisher-Titus is to keep the community's health and wellness at the forefront of all that we do. While providing high-quality health care is important, it is a goal of ours to prevent community injury and health concern in any way possible. With this in mind, Fisher-Titus is committed to offering health and prevention methods through our Community Benefit Program, which supports various programs, projects, and events that enhance the quality of life and promote a healthy lifestyle for all ages.

Fisher-Titus has always prioritized preventing harm and keeping the community healthy. This commitment remains unchanged today. Fisher-Titus is dedicated to being out in the community listening to members on how we can provide a better life for those that live in the area. We are continuing to support projects that deliver our goal of health and wellness for all community members.

Fisher-Titus is active in the community on both large and small scales through our Community Benefit Program. Ranging from sponsoring youth sports programs to supporting projects such as the Western Reserve and Monroeville School tracks, we are committed to participating in the community in every facet possible.

Over the last year, Fisher-Titus has completed or supported many projects that have benefitted the community's wellness. Projects such as the Willard Walking Path, McGuan Park All-Abilities Playground, the Wakeman Fitness Park, the New London Batting Cages, and many others are all projects that Fisher-Titus has supported to encourage health in the community. Community benefit is important to us here at Fisher-Titus, which is why we support projects such as these that all members of the community can enjoy for years to come.

Looking forward into the future, Fisher-Titus strives to be the

leader for community health and wellness in the area by continuing to back projects and events that help provide the community with the tools for healthier lifestyles and prevention of injury. Fisher-Titus is currently supporting a few projects that are set to be completed in the near future. These projects range from recurring events such as health fairs to large-scale projects such as the Wakeman and Monroeville tracks or Monroeville Mini Main Street.

With the health and wellness of the community being a top priority of Fisher-Titus, regular community health screenings are valuable assets in keeping our community well. These screenings offer a variety of different tests at a discounted, out-of-pocket cost for those without insurance or those whose insurance do not cover these tests. Two health fairs every year are held in conjunction with health screenings and offer free health information to the community and occasionally other health screenings at no cost and without an appointment. These health screenings and health fairs are vital to the ongoing effort to promote wellness and to keep the community healthy.

The health and wellness of the children in our community are also important to Fisher-Titus' goal of health and wellness for everyone. Fisher-Titus routinely holds events





McGuan All-Abilities Playground

for children such as Healthy Kids Running Series, Kids Safety Fairs, Helmet Safety, and more. Fisher-Titus also sponsors many youth sports teams in the area, allowing for children and teens to participate in their favorite activities.

Couch to 5K is a 9-week, Fisher-Titus backed program aimed to get you off the couch and prepare you for your first 5K run/walk through a series of workouts and “meet-ups”. These weekly meet-ups discuss topics prior to the workouts relating to exercise, nutrition, and staying motivated. This is encapsulated by the completion of a 5K at the end of the 9 weeks, which are sponsored by Fisher-Titus. There are typically two Couch to 5K events a year.

Projects that Fisher-Titus is supporting, such as the Western Reserve and Monroeville tracks, are not only paramount to the health and wellness of school-goers and community members alike, but they will also allow for the creation of memories in the area that have not

been accessible for some time. Both Western Reserve and Monroeville have not had track meets at their schools in 30 years. The tracks being built at both of these schools will serve as conduits for fitness, as well as allow for the creation of memories for years to come.

Monroeville Mini Main Street is another project being backed by Fisher-Titus that will allow children in the Monroeville area to learn and play at the same time. This initiative is exactly what it sounds like; a miniature main street that includes a mini clinic, grocery store,

and much more. Monroeville Mini Main Street will teach children how important aspects of the community work and allow for them to learn what those roles entail, all while promoting a fun atmosphere.

Finally, Fisher-Titus would like to thank the members of the community for their passion for health and wellness. Projects that are supported by Fisher-Titus would not be possible if community members did not recognize a need for facilities and events that promote the health and wellness for all members of the local area.



For more information or to submit a donation or sponsorship request, visit fishertitus.org/sponsor.



Devin Gilbert, LPN, reflects on her time recruiting at NMH

At Fisher-Titus, you have the opportunity to grow into a field you are passionate about. We are proud to offer a variety of positions across the health system for you to follow your heart alongside like-minded individuals.

For the past nine years, Devin Gilbert has worked as a nurse in senior services, spending the last two years at Fisher-Titus. Since arriving at Fisher-Titus, she has assumed the position of Assistant Director of Nursing at the Norwalk Memorial Home. In this role, Devin manages staff, scheduling, and quality measures such as wounds, falls, and how to prevent them.

"My favorite part of the job is being on the floor with the staff and residents," Devin said. "I'm always sure to get out of my office and spend time with families, hanging out in residents'

rooms, and talking with staff on a personal level. Providing that level of support really strengthens our team all together."

Devin's love for senior services stems from visiting her mother, who worked at nursing home, after school while growing up.

"I always stopped in after school to check in with her," Devin said. "Seeing her in that environment, I knew that I wanted to do long term care when I became a nurse. I've had a passion for senior services since then, and I never really questioned it."

Devin credits her family for instilling in her qualities of empathy and passion for care. She also recognizes her fellow employees for bringing those same qualities to the workplace every day.

"The employees here see the patients as patients and put them so far ahead of everyone else, which is our focus," Devin said. "It's what I'm passionate about, and it truly is a pleasure working with people that share that mindset."



Learn more about how you can find the career you are passionate about at fishertitus.org/careers.

CELEBRATING

25
Years

1998-2023



ASSISTED OR SENIOR LIVING



The Carriage House is celebrating 25 years! If you or a loved one have been thinking about senior living or assisted living, The Carriage House offers two great options to see all that The Carriage House has to offer without commitment. Short-term stays and trial living are ideal for seniors curious about assisted living and caretakers who may need a short-term stay for a loved one.

Call us for a tour today at **419-668-4228** or visit our website to request a tour, **FisherTitus.org/CarriageHouse**.

Pediatric Therapy Programs



“We are thrilled to bring back our summer therapy camps this year.”

Pediatric Therapy Programs Back This Summer at Fisher-Titus Medical Center!



Lindsey Esker, Speech-Language Pathologist II

“We are thrilled to bring back our summer therapy camps this year,” said Lindsey Esker, Speech-Language Pathologist II. “For years we offered

summer camps and programs to support children with disabilities and neurodivergent differences so that they could develop social skills, improve self-esteem, further their language skills, and improve other skills in fun, group settings. Unfortunately, the pandemic put a pause to our programs, but we are so happy to have them back in place this year. We couldn’t do this without community support and the Fisher-Titus Foundation.”

The pediatric camps and programs offered through Fisher-Titus Medical Center are adapted to be accessible and inclusive for the children in the community who may not yet feel comfortable attending a community art class or join a local sports team. They are adapted with increased adult and volunteer supports, visual schedules, adapted curriculums, and all groups are run by experienced therapists from the pediatric therapy department. This year we are offering these great programs:

- **Sensory Friendly Safety Town:** Sensory Friendly Safety Town is a free offering in collaboration with Fisher-Titus Medical Center, the Norwalk Police Department, the Norwalk Fire Department, and the Norwalk Rotary. This program will teach children how to make safe choices when crossing the street, how to act in emergency situations, fire safety, medication safety, and more.

- **Adapted Sports and Play:** Adapted Sports and Play promotes fitness and movement with game and play experiences in a safe and adapted environment. Campers will play games that involve cooperation, turn-taking, following and being a leader, as well as learning and following the rules for simple games with an emphasis on social skills.

- **The Ready Group:** A four-week program designed to help children develop attention, self-control, and coping skills using The Alert Program- “How Does Your Engine Run”. Techniques that can be used in home and at school will be provided as well as parent education.

- **Social Skills at Mini Main Street:** A four-week program designed to help children develop social skills within a small group. At each session, social skills are presented through explicit instruction, breaking down potentially complex and confusing tasks into more concrete steps.

- **Drawing on Strengths:** An art therapy group designed to help children with autism spectrum disorders, attention deficit disorders, anxiety, and other neurodevelopmental differences develop self-awareness, coping, creativity and improve relationship skills.

For more information about our summer camps and programs (cost, age ranges, etc.), please contact Lindsey Esker at 419-663-1975 ext. 3040 or lesker@ftmc.com.

PEDIATRIC PROGRAMS SUMMER 2023

Adapted Sports and Play

Adapted Sports and Play promotes fitness and movement with game and play experiences in a safe and adapted environment. Campers will play games that involve cooperation, turn-taking, following and being a leader, as well as learning and following the rules for simple games with an emphasis on social skills. This group is appropriate for children ages 8-12 with autism spectrum disorders, attention deficits, Down Syndrome, and other neurodivergent differences.

Where: McGuan Park

When/Dates: Tuesdays, 10:30-12:00, July 11th – August 1st

Cost: \$100.00

The Ready Group

A four-week program designed to help children develop attention, self-control, and coping skills using The Alert Program- "How Does Your Engine Run". Techniques that can be used in home and at school will be provided as well as parent education. This class is best suited for children ages 7-12 with mild-moderate attention difficulties who want to learn how to help themselves be "not too wired-not too tired."

Where: McGuan Park

When/Dates: Tuesdays, 12:30-2:00, July 11th – August 1st

Cost: \$140.00

Social Skills at Mini Main Street

A four-week program designed to help children ages 12-18 develop social skills within a small group. At each session, social skills are presented through explicit instruction, breaking down potentially complex and confusing tasks into more concrete steps. Children have a chance to practice social skills through carefully designed activities, such as role-playing, games, and practice activities to promote generalization. This group is appropriate for children with autism spectrum disorder, Down Syndrome, and other neurodevelopmental disabilities.

Where: Mini Main Street, Monroeville

When/Dates: Tuesdays, 10:00-11:30, July 11th – August 1st

Cost: \$150.00

Drawing on Strengths

An art therapy group designed to help children ages 8-12 with autism spectrum disorders, attention deficit disorders, anxiety, and other neurodevelopmental differences develop self-awareness, coping, creativity and improve relationship skills. Artwork will be on display at Artists' Open Studio at the AOS Anniversary Celebration on July 15th. Supply fees included in price.

Where: Artists' Open Studio (AOS)

When/Dates: Wednesdays, 1:00-2:30, June 21st-July 12th

Cost: \$160.00

.....
For more information about our summer programs, contact Lindsey Esker at lesker@ftmc.com or 419-663-1975 ext. 3040. Scholarships are available.

COMMUNITY SCREENING

Willard Community Health Screening

Thursday, August 24, 7 a.m. - 9 a.m.

Fisher-Titus Family Medicine – Willard

315 Crestwood Drive, Willard, Ohio

Fall Community Health Screening

Saturday, October 21, 7 a.m. - 10 a.m.

Fisher-Titus Patient Pavilion Main Lobby, Parking Lot C

272 Benedict Avenue, Norwalk, Ohio

Wakeman Community Health Screening

Wednesday, December 6, 7 a.m. - 9 a.m.

Fisher-Titus Family Medicine – Wakeman

24 Hyde Street, Wakeman, Ohio

Register by calling 419-660-2646.

CPR TRAINING

Heartsaver CPR & AED

August 24 • 4-8pm • Tech Room

October 12 • 4-8pm • Tech Room

Heartsaver First Aid & CPR

November 16 • 4-9pm • Tech Room

Pediatric First Aid & CPR

July 6 • 4-10pm • Tech Room

December 6 • 4-10pm • Tech 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

Free Blood Pressure Screenings *Based on staff availability*

Monday-Friday, 9am-3pm

Fisher-Titus Home Health Center

54 Executive Drive, Norwalk

Wednesdays, 9am-4pm

Fisher-Titus Family Medicine

2114 State Route 113 East, Milan

Monday-Friday, 9:30am-12pm

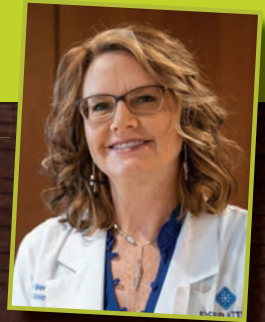
Fisher-Titus Family Medicine

187 W. Main Street, New London

For more information visit fishertitus.org/upcoming-events.



Summer Nutrition Tips from Our Dietitian



- Kelly Berry,
Dietitian

GRILLING

Looking for healthier options when grilling? Choosing lean proteins mixed with fresh veggies and fruits make that grilled meal healthier. Here are ideas to try for your next cookout with family or friends.

PROTEIN

Consider your serving of protein. For most of us 3 ounces (the size of a deck of cards) is adequate to eat 2 times per day.

- Animal proteins that are lower in saturated fat such as lean beef (<10 grams of fat per 3.5 ounces), pork, skinless poultry, and fish.

- Ground Turkey can be substituted for beef. By adding a few ingredients, you can have a flavorful burger. Ideas of ingredients to add: Strong flavored cheese such as feta or blue cheese, spices such as smoked paprika or chili seasoning. You can also add leftover sauces such as chili or spaghetti sauces to add a zest of flavor. Cook turkey until it reaches an internal temperature of 165 ° F.

- Vegetarian options include tofu, bean, or vegetable-based burgers.

FRUITS AND VEGETABLES

By adding fruit and vegetables, you can provide your body with minerals, vitamins, antioxidants, and fiber. Consider adding color to your grilling plan by a variety of fruits and vegetables.

- Vegetarian options include tofu, bean, or vegetable-based burgers.

- Try roasting seasonal vegetables with a dash of olive oil and any favorite seasoning or herb.

- Introduce a marinated portobello mushroom instead of a protein-based burger. Try a variety of marinades or spices to add flavor.

- Consider a fresh salad made with your local favorite ingredients.

- To end the meal off consider a grilled dessert that includes fresh fruit such as fruit kabobs, sliced pineapple or peach halves.

Don't forget to add an activity to your cookout. Play an outdoor activity or a walk to compliment the delicious grilled meal.

Use your leftovers. So often we forget about small amounts of leftovers that can be added to other recipes. Consider adding grilled vegetables into scrambled eggs or grilled chicken into to a bean soup, the ideas are endless.

HAVE LEFTOVER STEAK AND GRILLED CORN FROM THE FAMILY GATHERING LAST NIGHT?

- 2 ears corn
- 3/4-pound leftover grilled steak, chilled and thinly sliced
- 1 red onion, thinly sliced
- ½ cup to a jar of salsa Verde or homemade salsa

Combine corn, steak, and red onion in a large bowl. Add 1/2 cup of the salsa Verde and toss to combine. Season to taste with salt and pepper. Transfer to a serving platter with fresh lettuce and spoon additional salsa Verde over. Add any other vegetables you prefer. Serve with corn tortillas or baked tortilla chips. Serves 4.

Nutrition: 1 serving 338kcal, 18.6gms fat, 17gms carbs, 26.6 grams protein, 232mg sodium and 4.3 grams of fiber.