

INSIDE THIS ISSUE

- Parrish Medical Center Celebrates 20 Years 1
- Chairman's Message 2
- Life Wise 2
- JPMF Now Accepting Scholarship Applications 2
- Cardio Masters 3
- IVL Treatment for Advanced Heart Disease 3
- Welcome Dr. Janardhan 3
- News & Notes 4
- Community Calendar 4

Parrish Medical Center Celebrates 20 Years in *One of America's Finest Healing Environments*®



On November 10, 2002, the (then) new \$80 million Parrish Medical Center (PMC) received our first patients. With the knowledge that building design can enhance health and well-being, PMC was one of the first replacement hospitals in the world to adopt and apply evidence-based healing design from the Center for Health Design. With the design and our healing mission and vision, we earned many awards and the recognition as *One of America's Finest Healing Environments*®.

We continue to celebrate the healing environment in which we have the honor to work. And, we celebrate your health care partners who bring their best to their healing work every day. Here's what a few had to say about their unwavering dedication:

I have worked for this great hospital for 33 years because we show

healing to everyone that enters this building. This hospital is my family and I love working here.
—Doris Robinson, OR

The camaraderie among fellow care partners, the caring and compassion shown to the community and the leadership to keep this hospital as One of America's Finest Healing Environments® are a big piece of why I return to work day after day.
—Susan Hillman, Case Management

I choose to stay at Parrish due to my love of caring for my patients and their families; hoping that I make a difference! —Debra Hall, ICU

My father chose Parrish 36 years ago. He loved the culture of the hospital and, for the last 25 years, I have chosen to follow in his footsteps.
—Leigh Spradling, Emergency Management

I still choose Parrish as an employer because it is my family. I basically

Continued on page 2

NONPROFIT ORGANIZATION
US POSTAGE PAID
LIONSHARE



LifeTimes

The Art of Living Well

WINTER 2023

Let us know how you enjoy the LifeTimes newsletter, take the quick survey here: parrishhealthcare.com/survey/lifetimes.

Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32796



Your Heart Care Partners



WE CARE ABOUT WHAT MATTERS THE MOST.

From prevention to detection, treatment to support—we're here for you every step of the way.

Visit parrishhealthcare.com/cardiovascular



Healing Families—Healing Communities®



Chairman of the Board

Robert L. Jordan Jr. Chairman of the Board



Greetings from the

Parrish Healthcare is very proud to be Brevard County's only independent, public, not-for-profit community hospital and this country's only health care system to be nationally certified by The Joint Commission for Integrated Care.

It is an honor to be designated as a not-for-profit hospital since 1958. This means that every dollar earned is a dollar invested right back into meeting our community's health care needs. As an independent, public, not-for-profit hospital we do not answer to corporate investors or shareholders. We answer to the citizens of North Brevard. Decisions about what health priorities to invest resources into are made based on the results of a triennial (conducted every three years) Community Health Needs Assessment (CHNA).

To briefly summarize the assessment process, PMC has partnered with Professional Research Corporation (PRC), an Omaha, Nebraska-based company, to conduct the triennial assessment on its behalf since 2016. PRC utilizes a systematic, data-driven approach to determining the health status, behaviors, and needs of residents within PMC's primary service area (North Brevard). This assessment incorporates data from multiple sources, including primary research (through the PRC Community Health Survey and PRC Online Key Informant Survey)—a minimum of 300 respondents—as well as secondary research (e.g., vital statistics and other existing health-related data). It also allows for trending and comparison to benchmark data at the state and national levels.

Upon the completion of the assessment, Parrish Healthcare convened a group of key community stakeholders to evaluate, discuss and prioritize the findings, which occurred on August 4, 2022. This group of approximately 30 community stakeholders (representing a cross-section of Parrish Healthcare care partners, community-based health, human and social agencies, and organizations) convened to evaluate, discuss, and prioritize the health issues for our community. The meeting was led and facilitated by a PRC representative which included a presentation of key findings from the CHNA and ended with a prioritization exercise. Based on the results of these activities, **Access to Care, Heart Disease and Stroke, and Diabetes/Kidney Disease** were identified as the top three areas of priority for 2022-2025.

I am pleased to announce that the Board of Directors has approved North Brevard's 2022-2025 CHNA and associated strategic implementation plan. The complete CHNA and implementation plan are available online at parrishhealthcare.com/communitybenefit.

With these priorities set, we, the Board of Directors, Administration, and every care partner look forward to ringing in the New Year with continued and unwavering commitment to meeting the health needs of our community for whom we have the extreme honor and privilege to serve, while continuously fulfilling our mission of *Healing Experiences for Everyone All the Time*®.

Robert L. Jordan Jr.

Continued from page 1

grew up here. My mom worked here for 40 years, some people still remember when I was a kid. —Dana Dolin, Professional Development

I have worked at Parrish for more than 20 years because I love my job. I love the people I work with; they are like a second family to me. I like that I am involved in the healing of a patient even though I do not see them in person. —Shelly Lambert, Laboratory

Everyone is very passionate about their work and we care for our patients deeply. These are the main reasons that I traveled up to 40 minutes each working day for the last 32 years. —Armelle Thervil, Laboratory

What can you say for almost 33 years at PMC? First, I believe it is the people that keep me here and the patients we treat. We are family and have helped heal many. We all have a common cause as we come to work, not just to get a paycheck, but to heal our patients one at a time with empathy and compassion. We are committed to patient safety and strive for excellence. Our patients deserve the best, safest care we can give and I'm proud to be part of that. —John Kofil, Radiology

To learn more, visit parrishhealthcare.com/about-us



Board Members

ROBERT L. JORDAN, JR., CM, *Chairman*
STANLEY RETZ, CPA, *Vice Chairman*
HERMAN A. COLE, JR., COL., USAF (RET.), *Treasurer*
ELIZABETH GALFO, MD, *Secretary*
MAUREEN E. RUPE, *Member-at-Large*
BILLIE FITZGERALD, *Board Member*
JERRY L. NOFFEL, *Board Member*
ASHOK C. SHAH, MD, *Board Member*
BILLY SPECHT, *Board Member*

Editorial Team

GEORGE MIKITARIAN, *President/CEO*
NATALIE SELLERS, *Sr. Vice President, Communications, Community & Corporate Services*
ERICKA V. JACOBS, *Manager, Communications & People Development*
JO CONNELL, *Special Projects Manager*
STACY HUNT, *Communications Specialist*
SUSAN NORMAN, *Art Director*

Life Wise

Did you know that a healthy human heart beats at an average rate of 80 times a minute; about 115,000 times in one day or 42 million times in a year. During an average lifetime, the human heart will beat more than 3 billion times—pumping an amount of blood that equals about 1 million barrels.

Source: sharecare.com/health/circulatory-system-health/heart-beat-year



Jess Parrish Medical Foundation Now Accepting Scholarship Applications

Jess Parrish Medical Foundation (JPMF) is now accepting scholarship applications from high school seniors who plan to pursue a career in a medical or health care field. Scholarship award recipients will be announced in May 2023.

The deadline for submitting applications is Friday, March 10, 2023.

Scholarships will be awarded to graduating high school seniors who reside in the Parrish Medical Center service area. Undergraduate students pursuing a degree in the human health/medical field are also eligible to apply. Students must have a 3.0 grade point average or greater, based on a 4.0 scale. Students who have been awarded a JPMF scholarship in previous years may reapply provided they are continuing in a medical/health care field and have maintained an acceptable grade point average. Graduate students are not eligible.

Visit parrishmedfoundation.com/scholarships or call 321-269-4066 to learn more.

Cardiovascular Masters

IVL Treatment for Advanced Heart Disease



Biju Mathews, MD

Parrish Healthcare Cardiologists treat advanced heart disease with Intravascular Lithotripsy (IVL).

IVL uses sonic pressure waves to break up arterial calcium deposits that cause atherosclerosis (hardening of the arteries), which decreases blood flow and can also lead to heart attacks and strokes. IVL is among the latest cardiovascular treatment advances approved by the U.S. Food and Drug Administration.

"In our Cardiac Cath Lab, we are using IVL to treat complicated calcified coronary heart disease in a safer and easier way than ever before," said Cath Lab Director and Chairman of Medicine Dr. Biju Mathews.

For more information, visit parrishhealthcare.com/IVL



Take comfort: Parrish Medical Center (PMC) provides expertise in the prevention, diagnosis, treatment and rehabilitation associated with cardiac, pulmonary (lung) and vascular disorders, including heart attack and stroke.

PMC was Brevard's first hospital—and third in Florida—to be certified as a Primary Stroke Center by The Joint Commission, the nation's leading health care accreditation organization.

PMC works with Mayo Clinic's Comprehensive Stroke Center in Jacksonville to provide rapid assessment of potential stroke patients through the use of advanced telemedicine technology.

When a heart attack occurs, the time it takes to get treatment makes the difference in saving heart function. That's why it's important to call 911 at the first signs of a heart attack—frequently, pain in the chest or other areas of the body (jaw, neck, back or arms), shortness of breath, and lightheadedness or nausea. At PMC, people receive heart-saving treatment,

on average, in 59 minutes or less after arriving at the emergency department. The national best practice of "time to treatment" is 90 minutes.

Most heart treatments are done in a catheterization suite (cath lab) on an outpatient basis. The team at the PMC's Cath Lab, which opened in 2008, maintains an impeccable patient safety and quality record—among the nation's best. That means people don't have to travel to benefit from the latest technology; it's here at PMC.

PMC's integrated team of experts includes primary care providers, emergency medicine providers, cardiologists and cardiovascular specialists, pulmonologists, neurologists and radiologists.

And PMC's affiliations with Mayo Clinic, Orlando Health and other partners, means patients have additional access to expertise and resources for specialized surgeries and procedures, including open-heart surgery, aortic valve replacement and pediatric cardiology.

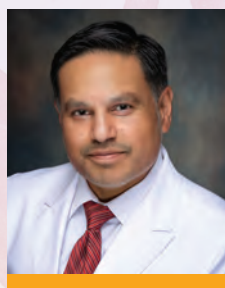


Be Health Aware. Know your risk for heart disease.

Visit parrishhealthcare.com/heartaware for your FREE RISK ASSESSMENT.

Welcome Ajit Janardhan, MD, PhD!

*Board Certified
Cardiologist and
Cardiac Electrophysiologist*



Dr. Janardhan is board certified in Internal Medicine, Cardiovascular Diseases and Clinical Cardiac Electrophysiology. Dr. Janardhan is an avid researcher of cardiac issues. His focus is on the improvement of treatments for electrical disorders of the heart, specifically related to heart dysrhythmias.

Dr. Janardhan's professional interests and extensive training include supraventricular tachycardias, ventricular tachycardia, device therapy, atrial fibrillation, cryptogenic stroke, syncope and the prevention of sudden cardiac death. His training also includes a sub-specialty in the insertion and management of pacemakers, defibrillators, sleep apnea devices, cardiac resynchronization therapy (CRT) devices, and in the catheter ablation of atrial and ventricular arrhythmias.

Dr. Janardhan has published numerous scientific journal articles, book chapters, and scientific abstracts which received top accolades and awards at scientific conferences, including from The Heart Rhythm Society for his ground-breaking research.

Dr. Janardhan welcomes new patients to his practice, at Parrish Healthcare Center—Port St. John, located at 5005 Port St. John Parkway, Port St. John.

For more information about Dr. Janardhan and to schedule an appointment visit parrishhealthcare.com/janardhan



News & Notes

Jess Parrish Medical Foundation presents Fran Gerrett Memorial Golf Classic

Friday, March 31, 2023

Get your clubs ready and join us for a spectacular day at the 2023 Fran Gerrett Memorial Golf Classic.

More than 200 golfers are expected to play the two-course tournament with all proceeds benefiting The Children's Center (TCC), a service of Parrish Healthcare, and one-stop childhood development resource center. TCC provides a safe and healing environment for special needs and/or typically developing children to learn and grow, along with an array of health, education and human services under one roof.

Tournament players can choose between two golf courses—Indian River Preserve Golf Club with its rich, lush rolling fairways designed by Perry Dye and LPGA champion Jan Stephenson or The Great Outdoors with the beautiful natural environment of the St. Johns wildlife refuge. Course selection is first-come, first choice with paid registration.

The foundation welcomes all businesses and organizations to participate and support the event. A variety of sponsorship opportunities are available beginning at \$500.

Last year's tournament was sold out months in advance! Space and sponsorships are limited. Reserve your preferred location today with your paid registration.

Contact the Foundation at 321-269-4066, or visit parrishmedfoundation.com/golf



Parrish Medical Center earns prestigious Baby-Friendly Designation



We are proud to announce that Parrish Medical Center (PMC) recently achieved the highly prestigious international Baby-Friendly designation after a rigorous review process conducted by Baby-Friendly USA, the organization responsible for bestowing this certification in the United States. This distinguished honor demonstrates that PMC is adhering to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the *Ten Steps to Successful Breastfeeding*, a set of evidence-based practices recommended by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) for optimal infant feeding support in the precious first days of a newborn's life.



PMC joins a growing list of more than 20,000 Baby-Friendly hospitals and birth centers throughout the world, 603 of which are in the United

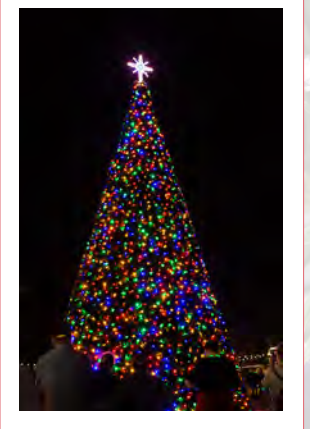
States. These facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family.

To learn more, visit parrishhealthcare.com/babyfriendly

Gift of Light raises over \$20,000

Proceeds to benefit Jess Parrish Medical Foundation's areas of greatest need.

The 32nd annual Gift of Light community celebration held on December 1, 2022 at Parrish Medical Center raised \$20,825 and counting thanks to the generosity of donors and sponsors.



"Our sincere thanks to the community, City of Titusville, and the many sponsors and volunteers, for supporting our Gift of Light," said Parrish Healthcare Chairman of the Board Robert Jordan Jr. "This annual event celebrates the healing

nature of the holiday season. Healing that comes from bringing the community together to share in the gifts of fellowship, laughter and joy. And, healing that comes from seeing the faces of young and old light up as they experience all that the Gift of Light has to offer... *Healing Experiences for Everyone All the Time®*," added Mr. Jordan.



For more information about JPMF events, visit parrishhealthcare.com/jpm-foundation/events

LIVE, LAUGH, LEARN COMMUNITY EVENT CALENDAR

FEATURED EVENTS

Publix Florida Marathon Weekend

Saturday, February 11
2205 Front St., Melbourne

A.W.A.K.E: Alert, Well and Keeping Energetic

Learn about healthy sleep and innovations in the treatment of sleep disorders. Event includes dinner, a variety of health screenings, and door prizes!
Thursday, February 23, 5-8 PM
Indian River Preserve, 3950 Clubhouse Dr., Mims
Visit Parrishhealthcare.com/AWAKE to register.

Space Coast Triathlon, Duathlon & 5K

Sunday, February 26
Cocoa Village, 300 Riveredge Blvd., Cocoa

Chuck Wagon 5K

Saturday, March 4
Chain of Lakes Park, Titusville

Gateway to Space 5K & 10K

Benefitting The American Cancer Society
Saturday, March 11
Launch and Landing Facility, Kennedy Space Center

To learn more about these events and others, visit parrishhealthcare.com/events

SUPPORT GROUPS

A.W.A.K.E. Sleep Support Group

Meets the second Wednesday, monthly, 6-8 PM
Parrish Healthcare Center, Manatee Conference Room, 5005 Port St. John Pkwy., Port St. John
Contact Michele Roberge at 321-268-6408

Cancer and Survivor Support Group

Meets the third Wednesday monthly, 4-5:30 PM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Shannon Luker at 321-268-3544

Caring for Caregivers Support Group

Second and fourth Thursday, monthly, 9:30-11:30 AM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Janet Rooks at 321-268-6800

Diabetes Support Group

Meets the second Monday, monthly, 3-4:30 PM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Peggy McLaughlin at 321-268-6699

Stroke and Heart Failure Survivors Support Group

Meets the third Tuesday monthly, 2-4 PM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Janet Rooks at 321-268-6800

Fearless Café

Presented by St. Francis Reflections Life Stages Care and Parrish Medical Center.
Meets the first Wednesday monthly, 10-11 AM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Janet Rooks at 321-268-6800

Early Steps Community Play Date

A special play day for children ages five and under.
Meets the third Wednesday monthly, 9-10:30 AM
The Children's Center, 5650 S. Washington Ave., Titusville
Contact Mary Cancel at 321-292-1370

Decoding Diabetes

Free Community Education Class.
Class held the fourth Monday, monthly, 2:30-4:30 PM
Parrish Medical Center's Heritage Hall
931 N. Washington Ave., Titusville
Contact Peggy McLaughlin at 321-268-6699

For more information and to register, visit parrishhealthcare.com/events

RECOGNITION DATES

American Heart Month—February
National Nutrition Month—March
Patient Safety Awareness Week—March 12-18
American Diabetes Alert Day—March 28
Doctor's Day—March 30

