

LifeTimes

The Art of Living Well



Fall 2020

Life Forces Work to Boost Your Immune System

By Dr. Diesler, MD, Oncologist, Parrish Cancer Center

We are experiencing a pandemic. We are fighting an “invisible enemy.” This has led to a heightened level of fear, anxiety and several other stressors. It has been well documented that stress leads to a decreased effectiveness of the immune system. The good news is there are several effective means to counteract these stressors and boost our immunity.

Sunlight is free and wonderful for our bodies. We need just enough to activate the T-cells (a type of white blood cell important to the immune system) which helps boost our immune system. Early morning sunlight can help us sleep better, keep off fat, add to our emotional wellbeing, keep us calm, focused and positive. It is recommended to absorb an average of 15-20 minutes of sunlight daily.

Vitamin D which we absorb in sunlight, is important for our immune system. Sunlight helps us synthesize Vitamin D. Daily average intake of 1,000-4,000 IU is recommended. 100-200 IU of Vitamin D is produced for every 5 percent of body surface exposed. Therefore, thirty minutes in sunlight yields approximately 10,000-20,000 IU of Vitamin D.

Everything in moderation. Let the sun shine on you! Another way to obtain Vitamin D is by ingesting cod liver oil, sardines, seafood, salmon, canned tuna and beef liver.

Another vitamin equally important in helping us fight infection and improve our immune system is **Vitamin C**. The season in which

Vitamin C is the most abundant has always intrigued me. Citrus fruits are at their peak in November which is also the start of flu and cold season. How great is that! In addition to citrus fruits, consider eating blueberries, strawberries, blackberries, raspberries and cherries. Cherries are a good source of Vitamin C and potassium.

Other trace minerals are important in increasing your immune function. **Zinc** is one such mineral. Unfortunately, we do not store zinc so we must take it either in form of a supplement along with others like calcium and magnesium; or in foods like lamb, pumpkin seeds, grass fed beef, chickpeas, pinto beans, cocoa powder, cashews, spinach and mushrooms.

These tips are just a start to activating and/or building your immune system. Discuss changes that you may want or need to make in your lifestyle with your physician. Before eating grapefruits for example, review your list of medications with your doctor and pharmacist. We are here to help you. We want you to stay healthy and strong.

The Parrish Cancer Center in partnership with OMNI Healthcare provides care for prevention, diagnosis and treatment. Our comprehensive programs with the latest treatments, services and advanced technology work in harmony to create a plan of care that fits you. For more information or to meet with a Parrish Cancer Center Oncologist, call 321-529-6202.

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Life Force

We believe every life is a symphony of hope that defies the odds with force and courage.

As your cancer fighting care partners, we believe in blending the art of healing with the science of advanced medicine to treat and defeat every type of cancer.

We believe in bringing together the best and the brightest cancer treatment experts; including the expertise of Mayo Clinic.

This dedicated ensemble focuses on you as an individual because every life is a work of art to us.



Visit parrishhealthcare.com/oncology for a FREE Cancer Risk Assessment.



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Where the Art of Healing comes to Life



COVID-19 | The Grinch that Stole Christmas, or not?



In the beloved Dr. Seuss story, the Grinch hated everything about Christmas including the hustle and bustle of crowded streets, crowded holiday parties and crowded shopping malls. We get so wrapped up in the season that we too often forget that the bliss of the holidays for some mean the blues and depression. For others it is very stressful. All of which impact your mind, body and spirit wellness. Layer in the added COVID-19 stressors and this holiday season may seem hopeless; or is it?



Here are some ideas for how to manage a COVID-Christmas:

Social Distance

- Manage holiday stress with meditation, yoga, walking, crafting, gardening, etc.
- Replace crowded holiday parties with small dinner parties or group gatherings of 8 people or less of your closest friends and family. Themed pocket-sized hand sanitizers make great party favors.
- Host a virtual holiday baking or crafting session with your friends or coworkers.
- Avoid crowded stores and shop online.

Wear Face Coverings

- This holiday, in lieu of breaking out the “ugly Christmas sweater” have fun with “ugly Christmas scarves/face coverings.”

Hand Hygiene

- Cleanliness and good handwashing habits are always in season.
- Custom holiday hand sanitizers make great gifts for your friends and family.

If your stress or the feelings of sadness or depression become too much, there is help. Talk with a trusted friend or spiritual advisor. Talk with a medical provider to rule out a medical reason for your depression.

If you don't have a primary care provider, contact Parrish Health Network's Navigator Program at 321-289-0821 for access to a variety of helpful resources.

2.1.1

Brevard County

In addition, 2-1-1 Brevard also provides access to a variety of health, wellness and other resources. 2-1-1 Brevard helpline is available 24-hours a day and offers crisis intervention and referral services information.



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VIRTUAL VISITS WITH YOUR PARRISH HEALTHCARE PROVIDER

Telemedicine (virtual visits) are now available! Talk with your doctor or provider by phone or video. We offer physicians specializing in primary care, orthopedics, senior services and more.

Visit parrishhealthcare.com/telehealth to schedule your virtual visit today.

Life Wise

Did you know that November is Lung Cancer Awareness Month?

Lung cancer is the leading cancer killer among men and women in America. Early detection of cancer saves lives. If you are concerned about your risks of developing cancer, take our free lung cancer health assessment at parrishhealthcare.com/healthaware.

Teamwork has been the basis of many of the world's great achievements. It is also a powerful way to fight cancer. That is why our comprehensive cancer program has teamed up with the Mayo Clinic to bring you the finest cancer care available anywhere. We are the area's only program that is nationally accredited by the Commission on Cancer (CoC).

For more information or to meet with a Parrish Healthcare Oncology specialist, call the Parrish Cancer Center at 321-529-6202.



Where the Art of Healing comes to Life



Honoring Loved Ones

The Show Must Go On, Virtually!

For nearly 30 years, our Gift of Light celebration has paid tribute to the wonder and joy of the holiday season—lighting the way to the healing power of hope, love and generosity. We are deeply saddened to announce that the community tree lighting celebration has been canceled. “The show must go on!” has been our mantra since the inception of our beloved community tree lighting event. However, the continued public health and safety concerns related to COVID-19 make canceling the event prudent and necessary.

We are currently working through options to provide the community with a virtual tree lighting event. We can't physically be together for the tree lighting, but the show will go on virtually. The grand 50-foot tree will still be available for viewing throughout the month of December in Parrish Park located next to Parrish Medical Center in Titusville, Florida. Look for details on our Facebook page soon.



Honor a Loved One by Placing a Light on the Holiday Tree

During the holiday season, celebrate those who shine brightly in your life. Memorial and Honor Gifts are a wonderful way to celebrate, remember, recognize and honor someone's life.

Gift Options:

\$35 or more per honoree – light on the holiday tree.

\$100 or more per honoree – light on the star and recognition on the Wall of Honor at PMC throughout the following year.

Honor and memorial gifts will be permanently listed in the Book of Honor displayed year-round in the hospital's All Faiths Chapel and in the atrium during the holiday season.

Acknowledgement cards will be mailed to the donor and the honoree or honoree's family.

To make a gift, contact Jess Parrish Medical Foundation at 321-269-4066 or visit parrishmedfoundation.com/donate.

HAPPY
Holidays

FROM OUR FAMILY TO YOURS

News & Notes

Parrish Healthcare Installs New SafeCheck Walk Through Body Temperature Detectors

Parrish Healthcare is using a new SafeCheck Walk Through Fever Detector in an effort to help prevent the spread of COVID-19. SafeCheck instantly reads the body temperature of the person walking through it and enables detection of fever that might indicate contagion from COVID-19 or other illnesses.

The SafeCheck detectors will help ensure the safety and well-being of our care partners and visitors. Reading temperatures manually is slow and potentially risky to the people taking the readings. Parrish Healthcare solves both of these problems by using SafeCheck detectors.

SafeCheck can screen 70 people per minute. A person being screened places his or her wrist, or forehead, two to three inches away from an infrared sensor. The device displays their temperature on an LED screen on top of the machine. If the temperature falls outside the normal range of 97 to 99 degrees Fahrenheit, the machine will automatically issue an audible and visual alert. For more information, visit safecheckusa.com or parrishhealthcare.com.



The Children's Center Earns National NAEYC Accreditation

Program recognized among the top in the nation by earning accreditation

The Children's Center has earned accreditation from the National Association for the Education of Young Children (NAEYC)—the world's largest organization working on behalf of young children. NAEYC Accreditation is a rigorous quality-improvement system that uses a set of 10 research-based standards to collaborate with early education programs to recognize and drive quality-improvement in high-quality early learning environments. To earn NAEYC Accreditation, The Children's Center went through an extensive self-study and quality-improvement process, followed by an on-site visit by NAEYC Assessors to verify and ensure that the program met each of the ten program standards, and hundreds of corresponding individual criteria. NAEYC-accredited programs are always prepared for unannounced quality-assurance visits during their accreditation term, which lasts for five years.



Mask Protection is Important to Prevent the Spread of COVID-19

Wearing a face covering in public, especially when social distancing is not possible, protects you and those around you. Additionally, it is important to make

sure the face coverings are put on (donned) and taken off (doffed) properly. Below are instructions for donning and doffing a face mask:

To don (put on):

- Perform hand hygiene using hand sanitizer or soap and water.
- Place the face mask using the ties or loops. Secure the top tie on the crown of the head and the bottom tie at the base of the neck. If the mask has loops, hook them appropriately around the ears.

To doff (take off):

- Carefully untie or unhook the loops and pull away from the face without touching the front.
- Perform hand hygiene after removing.

Types of Masks:

- Non-clinical cloth or homemade masks are great for the general public to conserve surgical/medical grade cloths. These masks provide protection against coughs and sneezes from potentially infected individuals. These masks can be disinfected and worn multiple times.
- Surgical masks are used in the health care setting to protect against large-particle droplets, splashes, sprays or splatter that may contain germs. Surgical masks are intended for a single use.
- N95 respirators are used in clinical health care settings to filter out 95% of particles. N95 respirators are intended for a single use.

Parrish Healthcare's Infection Preventionist Emily Leathers demonstrates proper donning and doffing procedures of face coverings, watch the video by visiting parrishhealthcare.com/facemaskdemo.

