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## Parrish Medical Center Hospitalist Group Honored Nationwide

In February, Parrish Medical Center’s hospitalist group, Apogee Physicians™, was recognized as *Program of the Month*—a distinction bestowed upon only one hospital program monthly of more than 50 programs nationwide. In addition to this honor, Parrish Medical Center’s Director of Hospital Staff and Medical Director of Parrish Medical Group, Dr. Kevat Patel, was named *Hospitalist of the Month*.

Of the honor, Dr. Patel said, “It is an absolute privilege to be part of Parrish Medical Center. Apogee and Parrish are one big family with a commitment of providing safe, healing and exceptional patient care. We are honored to receive this recognition, but we, as doctors and nurse practitioners, cannot do it alone.”

Dr. Patel continued, “Our success is deeply rooted in the support we receive from the Parrish Medical Center board of directors, administration, the more than 1,300 care partners that make up this healing organization, and, perhaps most importantly, those who allow us to practice the art of medicine every day—our community.

Without you, our degrees would be just mere pieces of paper on a wall.”

“We were, are and will always be one family dedicated to person and family-centered care.

From the bottom of our hearts, thank you for this wonderful honor. It is truly a testament to the healing experiences that take place every day at Parrish Medical Center”, Dr. Patel concluded.

Parrish Medical Center and Apogee Physicians™ have been in partnership since 2020.

Please visit [parrishhealthcare.com](http://parrishhealthcare.com) for more information on the services Parrish Medical Center provides.



“Parrish Medical Center’s Director of Hospital Staff and Medical Director of Parrish Medical Group, Dr. Kevat Patel, Hospitalist of the Month”



Let us know how you enjoy the LifeTimes newsletter. Take the quick survey at [parrishhealthcare.com/surveylifetimes](http://parrishhealthcare.com/surveylifetimes).



## Health Care for the Whole Family

Parrish Healthcare is your gateway to prevention, diagnosis and treatment. We are your advocates for your care. We are your care partners.

Visit [parrishhealthcare.com/findmyphysician](http://parrishhealthcare.com/findmyphysician).

Parrish Medical Center has earned The Joint Commission’s Gold Seal of Approval.



- Convenient, quality services
- Board-certified physicians
- Referrals to specialists
- Access to Mayo Clinic Care Network
- Nationally recognized as the model for patient- and family-centered care
- Electronic access to medical records, appointments, bill paying and more



# Chairman of the Board

Robert L. Jordan Jr. Chairman of the Board



Greetings from the

Spring is here, and with it a variety of holidays and recognitions. I'm honored to use this forum to highlight a few. First, to all of the parents in our community, Happy Mother's Day and Happy Father's Day. Our parents are the first to care for us, to guide us, to teach us to be safe and to care for ourselves, as well as to make good decisions.

Parrish Healthcare is here to partner with you to provide access to the care you need—when and where you need it. When you visit any of Parrish Healthcare's locations, you're in the hands of very special healthcare individuals who dedicate their professional lives to fulfill their mission: *Healing Experiences for Everyone All the Time*®.

The entire Board of Directors is proud of our care partners, an inclusive term referring to employees, physicians, and volunteers. It is my privilege, on behalf of the Parrish Medical Center Board of Directors, to say thank you to each and every care partner.

### Thank-You Volunteers | National Volunteer Week | April 16-22

In 2022, Parrish Healthcare's volunteers gave almost 10,000 hours to make a difference in other people's lives. Additionally, the hospital district's nine-member Board of Directors is a voluntary board.

The board is not compensated; they volunteer their time, talent and leadership. We thank all volunteers for their service and dedication.

### Thank-You Nurses | National Nurses Week | May 6-12

National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale. This week is devoted to highlighting the diverse ways in which nurses work to improve healthcare. I thank them for the professional, personal and loving care they provide to our patients.

### Thank-You Care Partners | National Hospital Week | May 7-13

More than 5 million people work in U.S. hospitals. I think some of the very best are part of the Parrish Healthcare family. And, when you choose Parrish Healthcare for yourself and the ones you love, it is because of our care partners. Parrish Healthcare—together we are *Healing Families—Healing Communities*®.

Robert L. Jordan Jr.

## Pre-Participation Sports Physicals for the 2023/2024 School Year



Parrish Medical Group will be offering pre-participation sports physicals for the upcoming school year. Sports physicals

will be offered at Parrish Healthcare Center in Port St. John and Titus Landing. Who We Play For will offer Electrocardiograms (ECGs) on site.

Visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events) for details and scheduling, or call 321-433-2247, ext. 8225.

## How Young Athletes Can Prevent Sports Injuries

Through all the thrills of victory and the agonies of defeat, youth sports keep kids active and teach invaluable lessons on and off the field. There's nothing more defeating, however, than an injury that takes them out of the game.

Sports injuries are the second most common reason for youth emergency room visits in the United States, with about 3 million occurring each year. Another 5 million youth see their doctor or a clinic for sports-related injuries each year, and then there are more unreported injuries in which the student athlete sees no one.

That doesn't mean children should avoid sports to avoid injury, as the benefits almost always outweigh the risks. There are things all young athletes can do though to help decrease their chances of being injured.

Accidents happen, however, there are steps young athletes can take to help increase their chances of remaining healthy, strong and ready to play.

### Parrish Healthcare offers the following tips:

**01 Stay alert.** Encourage kids to speak up and let their parents and coaches know when something is hurting or causing unusual discomfort. Parents should also watch their kids for altered movements on and off the field. In all cases, seeing a medical professional sooner rather than later is the better way to avoid exacerbating the issue and potentially causing permanent damage.

**02 Don't skip the warm-up.** Easing into activity slowly gives muscles a chance to get warm and loosen up to get ready for more intense use.

**03 Don't skimp on safety gear.** Wearing properly fitting helmets, shoes, pads and other safety gear is imperative. Make sure proper equipment is worn at all times.

**04 Fuel your body.** A healthy diet goes a long way to help your bones and muscles function properly. That means plenty of fresh fruit and vegetables and lean protein. And by all means don't forget to stay well hydrated. Water before, during and after activity is vital and can help prevent heat-related injuries and other issues.

**05 Cross-train.** Avoid overuse injuries by playing a variety of sports and/or alternating activities that use a variety of skills and muscles. Repetitive motion injuries can lead to lifelong complications.

**06 Rest.** While physical activity is fantastic, sometimes your body needs a break. That means getting enough sleep at night (8-10 hours a day for those ages 13-18).

**07 Get regular physicals.** They provide an assessment of your health to make sure you're in top playing form and can help address any issues that may get in the way of your game.

## Board Members

Robert L. Jordan, Jr., CM, *Chairman*  
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Herman A. Cole, Jr., Col., USAF (Ret.), *Treasurer*  
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Billie Fitzgerald, *Board Member*  
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Ashok C. Shah, MD, *Board Member*  
Billy Specht, *Board Member*

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Jo Connell, *Special Projects Manager*  
Jessica Manning, *Communications Generalist*  
Susan Norman, *Art Director*



## Fit Inside Your Comfort Zone.



Affordable membership options available.

The Parrish Health and Wellness Center features a variety of cardio, functional and strength training equipment, individual exercise pods, personal training services, private restrooms and showers, complimentary Wi-Fi and more!

Reservations are no longer necessary. Workout when you want. We're here to help you reach your goals. Stop by for a tour.

### HOURS OF OPERATION

Monday–Thursday: 5 AM–8 PM  
Friday: 5 AM–5 PM  
Saturday: 8 AM–2 PM  
Sunday: Closed



Sign up for your membership today! Visit [parrishhealthcare.com/healthandwellness](http://parrishhealthcare.com/healthandwellness).

# Routine Screenings

DO THEM FOR THE ONES YOU LOVE.



Don't skip routine health screenings. Doing so could delay detecting disease. Screenings are the best way to treat diseases early, before they cause real damage. Screening recommendations vary based on gender and your personal and family health history. Always talk with your doctor about your screening needs.

Here are some basic guidelines:

## BLOOD PRESSURE

All adults should be screened for high blood pressure.

Adults 18 to 39 with normal blood pressure: If you don't have other risk factors, you should be screened at least every three to five years.

Adults 40 and over, and those at increased risk of high blood pressure: You should be screened annually.

## BONE DENSITY

All women over 65 should be screened for osteoporosis or low bone density. Post-menopausal women under 65 who have risk factors should also be screened.

## BREAST CANCER

The American Cancer Society, has these guidelines for women at average risk for breast cancer.

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms

A woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer and has not had chest radiation therapy before the age of 30.

## CERVICAL CANCER

Cervical cancer screening is recommended for women between the ages of 21 and 65, unless they've had a hysterectomy.

## CHOLESTEROL

Adults age 20 to 40: The American Heart Association recommends cholesterol screening every five years.

Adults 40 to 75: Screenings are recommended every five years, and more frequent screening of those patients at risk of developing heart disease.

## COLORECTAL CANCER

In general, individuals who are 45 and older should be screened for colon cancer. If you have family history, you may need to be screened earlier.

## DIABETES

Adults ages 35 to 70 with BMI greater than 25: The USPSTF recommends screening for type 2 diabetes or prediabetes every three years if normal.

Adults who are overweight, have high blood pressure or other risk factors: The American Diabetes Association recommends screening. The American Diabetes Association also recommends screening ALL adults over 45 years of age.

## LUNG CANCER

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low dose CT Scan for people who:

- Have a 20 pack-year or more smoking history, and
- Smoke now or have quit within the past 15 years, and
- Are between 50 and 80 years old.

## PROSTATE CANCER

Starting at age 50, all men should have a discussion with their doctor about the risks and benefits to determine if they should screen with a prostate specific antigen (PSA) blood test. Men with risk factors for prostate cancer, including Black men and those with family history, should start the discussion at age 40.

## TESTICULAR CANCER

The USPSTF recommends not screening for testicular cancer. Testicular cancer is usually found by men themselves or by their partners, and screening hasn't been found to be helpful.

*The primary care physicians at Parrish Medical Group treat patients throughout all stages of your life. Visit [parrishhealthcare.com/findmyphysician](http://parrishhealthcare.com/findmyphysician).*

## Healing Experiences

**Jeanne, wrote a note of appreciation for Dietary Host, Ellis Fredricks**

"Just wanted to express my appreciation for the excellent service while I was here at Parrish. I was on the 3rd floor. Ellis was my food service provider. She was very professional, patient, respectful and made my experience perfect."

**Ms. Perry recognized Operating Room Registered Nurse, Clayton Williams**

"From the beginning you showed me your name. I remembered it because God forms us like Clay. I remember you as a bright shining light. Your face was lit up and glowing. I remember you holding my hand down to surgery. I want you to know it has been a very spiritual experience. You are an angel of light. God bless you always in his love."

**David recognized Parrish Care Partners for their generosity to families in our community**

"I wanted to thank all of the good people at Parrish Medical Center, for your generosity to Eckerd Connects. I can't begin to tell you what your support means to all the children and youth in need. But I can tell you this: the hope that it inspires in them to know that people care enough to support them is unmatched. Your interceding in such an evident way proves they are worth it. Thank you for infusing that hope and bringing them joy."

**Edward came to Parrish Medical Center to have a chemically-induced stress test. Afterwards, he took to social media to share his experience**

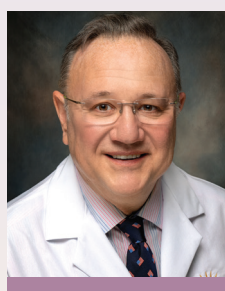
"I'm giving Parrish 5 stars for my treatment. Everyone was friendly, courteous, professional and informative."

*Read more Healing Experiences by visiting [parrishhealthcare.com/experiences](http://parrishhealthcare.com/experiences).*

## Physician Feature

**Dennis J. Tishko, MD, FACS**

*Board Certified Thoracic Surgery*



With more than 30 years' experience as a board-certified thoracic surgeon, Dr. Tishko has successfully performed over 6,000 thoracic

surgeries. He invented and pioneered an innovative technique called single incision video assisted thoracic surgery (SiVATS). This technique extends surgery to people not thought of as operative candidates. Patients have shorter length of stay, less pain and fewer complications, with better patient satisfaction and benefits. Dr. Tishko's medical philosophy is rooted in person- and family-centered care, believing that educated and informed patients do best.

## Clinical Specialties

Dr. Tishko specializes in thoracic surgery and caring for those diagnosed with lung cancer.

Areas of expertise include but are not limited to:

- Non-cardiac thoracic surgeries
- Minimally invasive thoracic surgeries
- Diagnosis and surgical treatment of lung cancers
- Lung biopsies
- Lymph node biopsies



## Lung Scans Save Lives

*Presented by Dr. Dennis Tishko, Board Certified Thoracic Surgeon*  
Lung cancer—the leading cancer killer of women and men—when detected early, is treatable. Join us to meet Dr. Tishko and learn about low-dose CT scan that can detect lung cancer in the early stages.

**Where** Indian River Preserve, 3950 Clubhouse Drive, Mims

**When** Thursday, June 1  
5:30-7:30 PM

Dinner will be served. Seating is limited.

*Visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events) to register.*



*Take a FREE assessment at [parrishhealthcare.com/lungaware](http://parrishhealthcare.com/lungaware).*

# News & Notes

## Junior Achievement | A Career Path in Healthcare

We opened our doors to more than 50 members of Junior Achievement from Cocoa High School to help ignite their passion for careers in health care. It was a pleasure having them!

Junior Achievement of the Space Coast is a non-profit that inspires and prepares young people for success. The Project Hope program



provides learning experiences, events, and career connected curriculum

to expose students to real-world activities that will develop mindsets to build thriving communities.

## A.W.A.K.E. Celebration

Alert, Well and Keeping Energetic, Parrish Healthcare's Sleep Support Group, hosted a community event to educate our community on the importance of getting good sleep. They also discussed new treatment options, such as improved sleep masks and implanted devices. Those attending enjoyed dinner, door prizes and presentations from Parrish Healthcare's Sleep Center director, as well as, representatives from Inspire and Zoll/Remedé®. Additional vendors included Sego's Home Medical Equipment, Aerocare and Resmed.

If you have questions about your sleep, or to attend a support group, visit [parrishhealthcare.com/sleepsupport](http://parrishhealthcare.com/sleepsupport).

## United Way Campaign 2023

Parrish Healthcare completed the annual campaign raising more than \$38,000.



Pledges from care partners made up the majority of the funds. Events like the Candy Gram Sale and Cupcake War/Bake Sale added an element of fun and competition to the campaign.

## Jerald Smith, Director of Pastoral Care Retires

In the past 18+ years, Jerald has given the invocation at every Gift of Light celebration. He has trained nearly 100 volunteers from all walks of faith who went on to visit approximately 85,000 Parrish Medical Center patients. He, himself has provided faith-based counsel to more than 50,000 patients and even officiated 7 care partner weddings.



To quantify the impact Jerald has made on those with whom he interacted is simply impossible—the number, infinite. In honor of his retirement after 18 years of service to Parrish Medical Center, the chapel located on the second floor of Parrish Medical Center was renamed the Jerald Smith All Faiths Chapel.

## JPMF Impact Report | Investing in Your Community

In 2022, selfless and generous support helped provide medical scholarships to students that will one day provide healing care to our community; free screening and diagnostic mammograms to those most in need; lifesaving trauma tourniquets to support the Stop the Bleed program; and thousands of hours of education through Parrish Early Care and Education.

Visit, [parrishhealthcare.com/impact](http://parrishhealthcare.com/impact) to learn more.



## Support Today — Change Tomorrow

You can make a difference in our community!

To learn how, call Jess Parrish Medical Foundation at 321-269-4066 or visit [parrishmedfoundation.com](http://parrishmedfoundation.com).

## LifeWise

## MAY IS AMERICAN STROKE AWARENESS MONTH LEARN WHAT YOU CAN DO TO PREVENT A STROKE

1. Treat Medical Conditions
2. Eat a Healthy Diet
3. Quit Smoking
4. Get Enough Exercise
5. Get Preventive Care

Know your risk. Take our free risk assessment at [parrishhealthcare.com/strokerisk](http://parrishhealthcare.com/strokerisk).



## LIVE, LAUGH, LEARN

### FEATURED EVENTS

To learn more about these events and others, visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events).



### JUNE IS MEN'S HEALTH MONTH



### INTERNATIONAL MEN'S HEALTH AWARENESS MONTH

Wear BLUE Day | June 16

Men's health is the focus of Wear BLUE Day on the Friday before Father's Day. By wearing blue, you are saying you support the men in your life to lead a healthy lifestyle, and you care about their well-being.

Health recognition months are a time to take stock of our health choices and become more aware of health risks. Men are more likely to skip health checkups than women. At the same time, they are more likely to take chances with their health choices. The three leading causes of death for men according to the Centers for Disease Control are cancer, heart disease, and accidents.

Check with your primary care physician about what screenings you may need. Do it for the ones you love.

If you need a primary care physician, visit [parrishhealthcare.com/findmyphysician](http://parrishhealthcare.com/findmyphysician).

### COMMUNITY EVENTS CALENDAR

#### 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, 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, 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, Heritage Hall  
931 N. Washington Ave., Titusville  
Contact Peggy McLaughlin at 321-268-6699.

#### 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, Heritage Hall  
931 N. Washington Ave., Titusville  
Contact Janet Rooks at 321-268-6800.

#### Stroke and Heart Failure Survivors Support Group

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

#### Mom's Support Group

Meets Mondays, 10-11 AM  
The Children's Center, 5650 S. Washington Ave., Titusville  
Contact Teri Newman, [Teri.Newman@parrishmed.com](mailto:Teri.Newman@parrishmed.com).

For more information and to register, visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events).

### HEALTH OBSERVANCES

- American Stroke Month—May
- National Arthritis Awareness Month—May
- National Nurses Week—May 6-12
- National Hospital Week—May 7-13
- Men's Health Month—June
- National Cancer Survivor's Day—June 4
- Wear Blue Friday for Men's Health—June 16
- UV Safety Month—July

### HOLIDAYS

- Mother's Day—May 14
- Memorial Day—May 29
- Father's Day—June 18
- Juneteenth—June 19
- Independence Day—July 4

