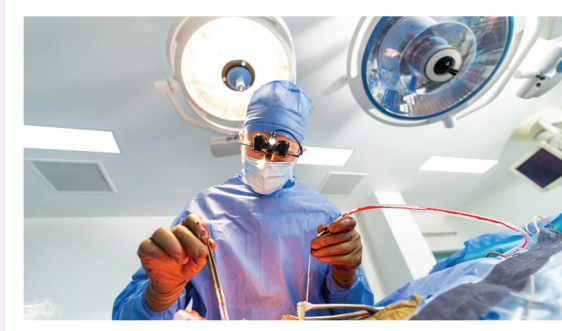


INSIDE THIS ISSUE

Advanced Robotic Surgery 1
 Chairman's Message 2
 Benefits of a Healthy Diet and Regular Activity 2
 LifeWise 2
 Bone Loss During Aging 3
 Space Coast Health Centers within Parrish Healthcare 3
 Healing Experiences 3
 Your Orthopedic Team 3
 Dr. Alphonse Pecoraro is Now Performing the Inspire Procedure for Sleep Apnea Patients 3
 News & Notes 4
 Open Interview Tuesdays 4
 Community Events Calendar 4



Advanced Robotic Surgery Right here. Close to home.



What is the da Vinci® Xi™ Surgical System?

With the da Vinci Surgical System, your Robotic Surgery Care Partners perform complex, minimally invasive surgical procedures through tiny incisions.

With the da Vinci system, your surgeon:

- Stays with you in the operating room and uses his or her hands to control a camera and surgical instruments to perform the procedure.
- Views the entire operation in 3DHD, giving your surgeon a crystal clear view of the surgical area that is magnified 10 times to what the human eye sees.
- Uses tiny instruments that move like a human hand but with an even greater range of motion. The system's built-in tremor-filtration technology helps your surgeon move each instrument with smooth precision.

Why should you choose robotic-assisted surgery?

People choose surgery with the da Vinci system for a variety of reasons, such as less blood loss, shorter hospital stays and faster recovery.

We are proud to be a leader in this field and look forward to continue bringing our community minimally invasive surgical options.

Visit parrishhealthcare.com/roboticsurgery.

The da Vinci® Xi™ Surgical System can be used for the following procedures:

Colorectal

- Colon resection
- Rectal resection

General Surgery

- Hernia repair
- Gallbladder surgery

Gynecology

- Endometriosis resection
- Benign hysterectomy
- Hysterectomy for cancer
- Fibroid removal (myomectomy)

Urology

- Kidney surgery
- Prostate surgery



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Let us know how you enjoy the LifeTimes newsletter.
Take the quick survey at parrishhealthcare.com/surveylifetimes.

We Believe In Your Orthopedic Health

Your Parrish Healthcare Orthopedics team specializes in the prevention, diagnosis, treatment and rehabilitation of musculoskeletal disorders. You and your team have access to the latest techniques and technology to solve common to complex orthopedic problems; right here, close to home. Together, we can keep your body moving.

Orthopedic Care We Provide:

- Joint replacement and reconstruction
- Sports injuries
- Trauma and fracture care
- Physical rehabilitation services
- Other procedures and specialties

 **Find your Health Expert.**
Visit parrishhealthcare.com/provider.



Chairman of the Board

Robert L. Jordan, Jr. Chairman of the Board



Greetings from the

Your Parrish Healthcare team is very honored to partner with you to provide access to the care you need; right here, close to home. To that end, in this issue of Life Times, we are pleased to announce several service expansions and enhancements that extend the reach of our nationally certified integrated care delivery system.

You'll read about the recent acquisition of the da Vinci[®] Xi[™] Surgical System, the newest technology in robotic surgery. It can be used across a spectrum of minimally invasive surgical procedures.

In addition to robotic surgery, Parrish Healthcare is among the first health systems in the state to offer Inspire, a breakthrough treatment option for obstructive sleep apnea

patients who are unable to receive benefit from the traditional, Continuous Positive Airway Pressure (CPAP) machine. The Inspire procedure improves the quality of life for anyone struggling with sleep disorders.

Staying on the forefront of medicine couldn't happen without the unwavering commitment of our medical staff and Care Partners. It requires a personal commitment to intensive ongoing training, as well as a system-wide commitment to lifelong learning. That dedication and drive is how Parrish Healthcare serves to fulfill its mission to provide *Healing Experiences for Everyone All The Time[®]*.

Improving access to affordable care also requires purposeful collaborations with other community resources. Space Coast Health Centers (SCHCs) provides Primary Care, OB/GYN, and Behavioral

Health services to the uninsured and underinsured. Recently, Space Coast Health Centers moved its Titusville location onto the Parrish Medical Center campus.

We are pleased to collaborate with SCHCs to ensure every person in our community receives access to the right care, in the right location, at the right time; and at a price they can afford.

On behalf of the entire Board of Directors, I'm honored to share this latest issue of Life Times with you. And, on behalf of every Parrish Healthcare Care Partner, an inclusive term referring to employees, physicians, and volunteers, we thank you for trusting us with your health care needs.

Robert L. Jordan, Jr.
Chairman of the Board

Benefits of a Healthy Diet and Regular Activity

From cancer prevention and bone health to staving off heart disease, here are tips to help you eat and exercise your way to a better you!

Feed Your Muscles and Bones!

If you feed them right, your musculoskeletal system can be your best friend that'll always hold you up. If muscles, bones, tendons and ligaments aren't working optimally, you may find everyday activities challenging. Here's how you can eat your way to better movement!

- **One Tough Egg!**

Eggs are a protein-packed meal! Your body uses protein to form strong muscles, and build the collagen and elastin it needs to keep your tendons and ligaments strong!

- **Go Bananas!**

If you are experiencing muscle cramps or spasms after a workout, you may be experiencing an electrolyte imbalance. Try eating foods rich in potassium, such as bananas, oranges and avocados.

- **Make No Bones About It!**

To build strong bones, choose calcium-rich dairy foods. Some smart choices are fat-free milk and yogurt. Spinach, collard greens, carrots, figs and sweet potatoes are also high in calcium.

Cancer-Fighting Food Facts

Incorporating these foods into your diet will pack a punch of health.

- **Raise Your Antioxidant Ante**

Eating vegetables that are high in antioxidants such as artichokes, basil and cilantro can help fight against skin cancer. They are packed with agents that stave off free radicals and prevent damage to the skin.

- **Keep Your Plate Colorful**

Fruits such as watermelon, blueberries, strawberries, grapes and tomatoes are also high in antioxidants and anti-inflammatory properties.

- **Immune System Boosters**

A diet rich with garlic can stimulate your immune system's natural defenses against a variety of cancers. Red peppers, spinach, papaya and kiwi are also great foods for your immune system.

- **Eat Cruciferous Vegetables**

According to the American Cancer Society, men who have a diet high in cruciferous vegetables such as cabbage, broccoli and cauliflower have a lower risk in developing prostate cancer.

Serve Up a Plate of Heart-Health!

Establishing a diet consisting of heart-healthy foods can lower blood pressure and keep your cholesterol levels in a healthy range.

The Cream of the Crop!

Keep a healthy balance of fruits and vegetables in your diet! Remember, five cups of fruits and veggies a day may keep the doctor away!

- **Chew the "Good Fat"**

High in Omega-3s, salmon, herring, mackerel, trout and tuna contain "good fat" that can reduce inflammation in the blood vessels and slow plaque build-up in arteries. Broccoli, spinach and walnuts are also rich in Omega-3s.

Exercise Your Way to Health!

Strengthening muscles and keeping tendons and ligaments flexible can help manage chronic conditions such as back and arthritis pain, as well as aid in injury prevention.

Here are some exercises that will get your heart pumping, strengthen your muscles and give your body's immune system a boost.

- **Interval Training**

Interval training is good for preventing heart disease and diabetes. High-intensity exercises combined with longer periods of active recovery improves vascular function and clears fat and sugar from the blood.

- **Yoga**

Yoga is great for lowering blood pressure and improving the elasticity of your blood vessels.

- **Non-Impact Sports**

For those with joint issues, non-impact sports, such as cycling, provide a total body workout along with providing health benefits for a stronger cardiovascular system.

Parrish Health & Wellness is Here to Help. To speak with our trainers, please call 321-268-6200, or email at healthandwellness@parrishmed.com.

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Life Wise

Did you know...

- There are 26 bones in a foot. That's one-quarter of all the bones found in your body. Each foot also has 33 joints, 107 ligaments, and 19 tendons and muscles. Toenails grow faster in the summer, when pregnant, and for teenagers.
- By the time a baby reaches the age of 1, their feet have grown to almost half their adult size.
- More sensory nerve endings are found in the soles of your feet per square centimeter than any other part of your body.
- During your lifetime, it's likely that you'll walk approximately 115,000 miles. That's like circling the globe on foot over four times.



BONE LOSS DURING AGING

As we age, bone loss is a natural process that can lead to health problems. There are things we can do to prevent bone loss, and it's important to be aware of the risks and how to protect our bone health.

Here are four tips for preventing bone loss as you age:

01 Get enough calcium and vitamin D

Calcium is the main building block of bones, and vitamin D helps the body absorb calcium. Be sure to include plenty of calcium-rich foods in your diet, and get regular exposure to sunlight or take a vitamin D supplement to ensure adequate levels of this nutrient.

03 Exercise regularly

Weight-bearing exercise such as walking, jogging, stair climbing, dancing and lifting weights helps to maintain bone density and prevent bone loss. Be sure to speak with your doctor to learn which activities are best for you.

02 Change bad lifestyle habits

Smoking and drinking alcohol are two habits that can have drastic effects on your health—from heart disease to bone loss. Smoking increases the risk of bone loss and fractures, and excessive alcohol consumption can also lead to bone loss.

04 Get regular medical checkups and screenings

Be sure to have your bones checked regularly by your doctor, and get bone density tests as recommended. Early detection and treatment of bone loss can help prevent serious health problems down the road.

Healthcare Screenings with Parrish Healthcare

By following these tips, you can help prevent bone loss and keep your bones healthy as you age. Keeping on track with your health is crucial and routine health screenings play a huge role. Our Primary Care locations offer regular checkups, physicals, and even referrals to specialists depending on your needs.

Find your physician at parrishhealthcare.com/provider.

Your Orthopedic Team



Find your Orthopedic Health Expert. Visit parrishhealthcare.com/provider.

You and your team have access to the latest techniques and technology to solve common to complex orthopedic problems; right here, close to home. Together, we can keep your body moving.



Anthony Allotta, DO, FAOASM



Bryan Parry, MD



Jonathan J. Lubitz, DPM



David Schafer, MD

Dr. Alphonse Pecoraro is Now Performing the Inspire Procedure for Sleep Apnea Patients at Parrish Medical Center



Alphonse Pecoraro Jr., MD, FACS, board-certified general surgeon with Parrish Medical Group, joins Parrish Healthcare's team of specially trained surgeons certified to perform the Inspire procedure.

Inspire is the only obstructive sleep apnea treatment approved by the Food and Drug Administration. It works inside your body to treat the root cause of sleep apnea with just the click of a button.

Inspire works while you sleep. It's a small device placed during a same-day, outpatient procedure.

PARRISH HEALTHCARE CENTER TITUS LANDING

250 Harrison St.
Titusville, FL 32780
Phone: 321-268-6868
Fax: 321-267-2713

To learn more about Dr. Pecoraro, visit parrishhealthcare.com/pecoraro.



Space Coast Health Centers within Parrish Healthcare

Space Coast Health Centers (SCHCs) provide Primary Care, OB/GYN, and Behavioral Health services to the uninsured and underinsured. Recently, SCHCs moved its Titusville location onto the Parrish Medical Center (PMC) campus. Their new office space is conveniently located on the first floor of PMC, immediately adjacent to the hospital's front entrance.

SCHCs works closely with PMC to ensure patients being discharged from inpatient services or the Emergency Department (ED) have access to affordable primary care. In mid-June, a Financial Resource Counselor began working in the ED to educate and encourage patients to establish with a Primary Care provider. Patients will be offered appointments at SCHCs or Parrish Medical Group based on their needs and preferences.

Parrish Healthcare is honored to work with SCHCs to ensure everyone in our community has access to affordable care.

Healing Experiences

Laurence received excellent care in the Emergency Department

"When I arrived at the Emergency Department, I was greeted by a friendly staff member who promptly checked my vitals. I was then taken back to a private room for further analysis. Within an hour of my arrival, I was administered five different medical tests! This whole 5-star process was performed professionally by a cheerful and efficient staff in record time, clearly a top-notch, 5-STAR organization. Thank you for your professional service!"

Susan was grateful for the care her mother received

"When my mother called Parrish with questions, Sierra, from the patient access team, treated her with compassion and empathy. She took the time to explain information about my mother's testing. She went further by confirming insurance and pricing at each Parrish Healthcare facility. Sierra was very patient and helped my mother through a very stressful time. It's comforting to know that Parrish has such a compassionate team. I just had to share the experience."

James expressed his satisfaction for the care received

"I trust every person at Parrish Medical Center with my care and the care of my family and friends. I tell everyone how lucky we are to have this hospital in our community. When I came to the Emergency Department, there were so many people moving about, each on a mission, and all working together. Everyone who cared for me, treated me with kindness, compassion and patience. I felt like I was their top priority. I can't thank the team at Parrish enough."

Read more Healing Experiences by visiting parrishhealthcare.com/experiences.

When you're ready for bed, simply click the remote to turn Inspire on. While you sleep, Inspire opens your airway, allowing you to breathe normally and sleep peacefully.

Sleep apnea is a prevalent condition. "Many people avoid seeking treatment because they are apprehensive about using a continuous positive airway pressure machine, also known as a CPAP. Inspire offers an alternative therapy option for those who are unable to tolerate CPAP," said Michele Roberge, Parrish Sleep Disorders Center manager.

Since introducing Inspire to the Brevard County community in January 2021, the Parrish Sleep Disorders Center has screened

and referred hundreds of patients for this treatment. Board-Certified Otolaryngologist (ENT) Jayesh Patel, DO, helped pioneer this program at Parrish Healthcare; the success is undeniable.

"We are thrilled to have Dr. Pecoraro join the team to perform this service," said Roberge. "It will help more sleep apnea patients to receive this innovative, effective treatment. Our patients will experience not only better sleep, but a better quality of life."

To learn more about Inspire, or to schedule a consultation, please contact the Parrish Sleep Disorders Center at 321-268-6408, or email sleep@parrishmed.com.

Parrish Early Care & Education Program Celebrates VPK Class of 2023

Parrish Early Care and Education, a program of Parrish Healthcare's The Children's Center sent the class of 2023 off in style at their VPK graduation.

"We are so proud of these children," said Vaneesha Greco, center manager. "Our team works closely with our families to create a learning environment that helps each child grow and thrive. Today is the culmination of their hard work and evidence of the passion our educators have for enriching the lives of our littlest learners," said Greco.

The ceremony took place at First United Methodist Church in Titusville and hosted 19 VPK graduates



along with their families and other guests. "These children are the future of our community," said Kathy Simonsen, Special Programs Coordinator. "They are the next generation of thinkers, builders, teachers and healers. It is always an emotional day to see them progress on their journey to Kindergarten."

The ceremony included the traditional parade of graduates, a special selection of songs performed by the class of 2023 and ended on the high note of the official presentation of diplomas.

Visit parrishhealthcare.com/thechildrenscenter, or call 321-264-0855 for more information on services provided by The Children's Center.

2023 GALA

SAVE THE DATE

Join us for one of Brevard County's favorite, high-profile charitable events.

Sat., Nov. 4, 2023
5:30-10 PM

Valiant Air Command – Warbird Museum
6600 Tico Rd., Titusville, FL 32780

Space and sponsorship are limited.

For additional information, contact Jess Parrish Medical Foundation at 321-269-4066, or visit parrishmedfoundation.com/gala.

Scholarships Awarded

Jess Parrish Medical Foundation (JPMF) awarded \$30,000 in scholarships to 23 outstanding college students and graduating high school seniors. These students distinguished themselves through passionate dedication to their communities and a pursuit of studies in the fields of medicine or healthcare. Since 1990, JPMF has awarded more than \$500,000 to deserving students.

JPMF is investing in the future by awarding medical scholarships to residents in North Brevard County who are pursuing careers that one day will provide healing to our community.

To learn more about scholarships, visit parrishmedfoundation.com/scholarships.

Jess Parrish Medical Foundation Golf Classic Continues to Draw Sell-Out Crowd and Exceed Fundraising Goal

More than 75 sponsors, 53 teams, 212 players and dozens of volunteers participated in the annual two-course Jess Parrish Medical Foundation (JPMF) Fran Gerrett Memorial Golf Classic held at Indian River Preserve Golf Club and The Great Outdoors Golf Club. Since 2011, the tournament has raised more than \$700,000.

The law firm of Zumpano Patricios presented the 18-hole scramble for the ninth consecutive year. JPMF hosted another sell-out crowd at this year's tournament and exceeded its fundraising goal of \$80,000, raising more than \$88,000 to benefit The Children's Center (TCC), a service of Parrish Healthcare.



SAVE THE DATE
Next year's tournament
April 5, 2024.

For more information about Jess Parrish Medical Foundation, or to secure your 2024 event partnership today, contact Jess Parrish Medical Foundation at 321-269-4066, or visit parrishmedfoundation.com/golf.



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.

Open Interview Tuesdays

Each Tuesday 9 AM – Noon

Join the Parrish Healthcare HR team for Open Interviews every Tuesday at Parrish Medical Center at 951 N. Washington Ave., Titusville.

- Dress to impress.
- Bring copies of your resume and a smile.
- We're recruiting for all positions.
- We look forward to meeting you.

Visit parrishhealthcare.com/careers for additional information.

BE Valued AND Appreciated.



Be a **Parrish Care Partner.**

COMMUNITY EVENTS CALENDAR

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

Meets the second Monday, 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.

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

EVENT

Making Strides Against Breast Cancer

Saturday, October 28
The Avenue Viera
2261 Towne Center Ave., Melbourne

HEALTH OBSERVANCES

National Cholesterol Education Month—September
Sepsis Awareness Month—September
Breast Cancer Awareness Month—October

HOLIDAYS

Labor Day—September 4
Rosh Hashanah—September 15-17
Yom Kippur—September 24-25
Indigenous Peoples' Day—October 9
Halloween—October 31