

Life Times

The Art of Living Well



Spring 2020

INSIDE THIS ISSUE

- 1 Beating Heart Disease—13 Do's & Don'ts
- 2 A Note from the Chairman of the Board
- 2 Life Wise—Did You Know?
- 3 Live, Laugh, Learn—Calendar of Events
- 4 News & Notes

Life Style
We believe every life is a colorful canvas styled with personality and heart.

As your heart health care partners, we believe in blending the art of healing with the science of advanced cardiovascular medicine.

We believe in bringing together the best and brightest cardiovascular experts, including the expertise of Mayo Clinic.

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

HEARTaware™
Visit parrishhealthcare.com/heartaware for a FREE Heart Health Assessment

PARRISH HEALTHCARE | CARDIOVASCULAR
parrishhealthcare.com/cardiovascular

MAYO CLINIC CARE NETWORK
Member

Where the Art of Healing comes to Life.

Beating Heart Disease—13 Do's & Don'ts

Sources: Healthy People 2020, 2019 North Brevard County Community Health Needs Assessment, MayoClinic.org

Headline: Heart disease is the leading cause of death in the United States, with stroke following as the third leading cause. Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today. We engaged Nebraska-based Professional Research Corporation (PRC) to complete a Community Health Needs Assessment (CHNA) for the North Brevard County community. Some 300 residents were surveyed as part of the CHNA and the respondents cited heart disease among the top priorities. A full copy of the report can be found at parrishhealthcare.com/communitybenefit.

Fortunately, heart disease is preventable. Here are 13 things you can do to beat and prevent heart disease.

- 1 **DO control your blood pressure.** Get your blood pressure checked at least once a year for most adults, or more often if you have high blood pressure.
- 2 **DO control your cholesterol and triglycerides.** High levels of cholesterol and triglycerides can clog your arteries and raise your risk of heart attack.
- 3 **DO stay at a healthy weight.** Being overweight can increase your risk for heart disease because it is linked other risk factors, including high cholesterol and triglyceride levels, high blood pressure and diabetes.
- 4 **DO eat a healthy diet.** Limit saturated fats, salt and sugars. Eat plenty of fresh fruit, vegetables and whole grains.
- 5 **DO exercise regularly.** Exercise strengthens your heart, improves circulation, cholesterol levels and blood pressure, and helps with weight management. Aim for at least 30 to 60 minutes of moderate exercise daily.

(Continued on page 4)

NONPROFIT
ORGANIZATION
US POSTAGE
PAID
LIONSHARE

Heart Attack Signs & Symptoms

- Squeezing chest pain or pressure
- Shortness of breath
- Sweating
- Tightness in chest or recurring chest discomfort
- Pain spreading to shoulders, neck or arms

Signs & Symptoms More Likely in Women

- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Unexplained weakness, fatigue
- Discomfort/pain between shoulder blades
- Sense of impending doom



Take our **FREE HEART AWARE RISK ASSESSMENT.**

Use promo code "Life Times" and be entered to

Win a \$50 Amazon Card!

We offer the latest in screening and advanced treatment of heart disease. Take our FREE online Heart Aware Risk Assessment to get a personal snapshot of your heart health.

Visit parrishhealthcare.com/heartaware

Or, text "Health" to 321-204-1966 and you can take the assessment on your phone.



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

A Note from the Chairman of the Board

As with each new year it's a time to renew and refresh. This new publication, *Life Times*, puts in your hands relevant health-related news and information to help you and your family live healthier, longer and happier lives.

As board chairman for Parrish Medical Center (Parrish®), I often talk with people who recognize the deep commitment to community Parrish demonstrates. That commitment stems from our collective and individual connection to the community we serve. Good doctors, nurses, technology and safe care are expected from any health care provider. What makes the Parrish difference is the experience. We believe in the art of healing—healing patients, families and communities. Our mission is *Healing Experiences for Everyone All The Time*.®

Among Parrish care partners' achievements in fulfilling our mission over the years are: becoming the world's first hospital to achieve a 5-star safety rating from the International Patient Safety Movement Foundation and the first in the nation to earn Integrated Care Certification from The Joint Commission; sustaining national Primary Stroke Center certification since 2004 and accreditation from the Commission on Cancer as a cancer program of excellence since 1989; earning the designation as a Healing Hospital from the Baptist Healing Trust; and being recognized internationally as *One of America's Finest Healing Environments*.® Those are only a few of our care partners' accomplishments.

Life Times enables you to benefit from not only learning about Parrish's healing work, knowledge, and experience, but also that of our larger system of care partners—Parrish Healthcare, which includes Parrish Medical Center, Parrish Medical Group and the Parrish Health Network, a regional collaborative network of health providers.

I'm a retired U.S. Air Force colonel, and in our country's service I learned a great deal about integrity, service and excellence. I and Parrish's entire board of directors' see those qualities every day in what Parrish care partners do to fulfill the hospital's mission.

Thank you for reading *Life Times* and please visit Parrish's website at parrishhealthcare.com to learn more about what your Parrish care partners are doing for you and everyone we so proudly serve—and why it matters which hospital you choose.

Happy New Year.

Herman A. Cole, Jr., Col., USAF (Ret.)
Chairman, Board of Directors
Parrish Medical Center



Herman A. Cole, Jr. Col., USAF (Ret.)



Board Members

HERMAN A. COLE, JR., COL., USAF (RET.), *Chairman*

ROBERT JORDAN, *Vice Chairman*

PEGGY CROOKS

BILLIE FITZGERALD

ELIZABETH GALFO, MD

JERRY NOFFEL

STAN RETZ

MAUREEN RUPE

ASHOK SHAH, MD

Editorial Team

GEORGE MIKITARIAN, *President/CEO*

NATALIE SELLERS, *Vice President,
Communications, Community & Corporate Services*

TANYA ABREU, *Executive Director,
Communications & Corporate Development*

SARA ST. CLAIR, *Communications Specialist*

KATHLEEN BETANCOURT,
Communications Specialist

KIARA BUCKNER, *Communications Specialist*

SUSAN NORMAN, *Art Director*

LOCAL GUIDE | LOCAL NORTH BREVARD PARKS

In this digital age, it can be difficult to unplug from tablets, phones and video games that have become such a large part of our daily lives. However, making small changes to your daily routine and incorporating ways to stay fit as a family has many health benefits. Try these local North Brevard parks out for a walk with your dog, family or friend.

- [Brevard County Enchanted Forest Sanctuary \(Titusville\)](#)
- [Chain of Lakes Park \(Titusville\)](#)
- [Hiking Trails at Canaveral National Seashore](#)

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: <https://www.sharecare.com/health/circulatory-system-health/heart-beat-year>



Want to keep your heart beating healthy and strong, check out Parrish Health & Fitness Center. New members can enroll for \$0 in the month of February—Heart Health Awareness Month—when you mention "Life Times."



Where the Art of Healing Comes to Life.

JANUARY-MARCH 2020

Unless otherwise noted, registration is required, and classes are free.

Need a Health Expert to Speak to Your Group?

Our experts are available to speak to your group on important health issues. To schedule a speaker for your next meeting, call 321-268-6110.

MOMENTS TO MIRACLES CHILDBIRTH/BABY CARE EDUCATION

Beginning Breastfeeding Classes

Third Monday each month | 6:30–8:30 PM

Where: The Children's Center, 5650 S. Washington Ave., Titusville
Info: To register, call 321-268-6682

Childbirth Education Classes

Cost: \$50 per couple

Info: Call 321-268-6790 for dates and times.

Sibling Class for Big Brothers and Sisters

Info: Call 321-268-6790 for details.

CHILDREN'S ACTIVITIES

Where: The Children's Center, 5650 S. Washington Ave., Titusville
Info: Call 321-264-0855 or visit parrishchildrenscenter.com.

North Brevard Connections (NBC)

Second Friday each month | 9:30–11:30 AM

A casual support group for parents and caregivers of children with special needs.
Info: Call Mary Cancel at 321-292-1370.

FITNESS EDUCATION

PARRISH HEALTH & FITNESS CENTER

Have you been struggling to meet your health and fitness goals? Do you find it hard to commit to fitness? Call today and schedule a complimentary wellness orientation along with a free week-long guest pass!

Where: Parrish Health & Fitness Center, 2210 Cheney Highway, Titusville
Info: Call 321-567-2201 ext. 2212.

Next Steps™ Medically Integrated Fitness Program

Cost: \$99 non-members | \$50 members

Where: Parrish Health & Fitness Center, 2210 Cheney Highway, Titusville
Info: Call 321-567-2201 to schedule a tour, or visit parrishhealthandfitness.com.

GENERAL INTEREST CLASSES

Diabetes Community Education Class

This class will cover an overview of diabetes, nutrition and meal planning, physical activity, diabetes complication prevention, making behavior changes and more.

Registration Required.

Time: 3-5 PM

Info: Call Peggy McLaughlin at 321-268-6111, ext 2297, or visit parrishhealthcare.com/events for a current listing of class days.

Caregiver Academy

Second Thursday each month | 10–11 AM

Different topics are featured each month.
Where: Heritage Hall, Parrish Health Village
Info: Call Janet Rooks at 321-268-6800, or visit parrishhealthcare.com/events.

HEALTHBRIDGE EVENTS

New Year New Attitude

Thursday, Jan. 16 | 5-7 PM

Life is full of highs and lows. Sadness and stress are part of life. When those feelings become more than you can bear, it may be time to reach out for help. Learn to recognize warning signs and how you can take care of your mental health.

Where: Parrish Health & Fitness Center, 2210 Cheney Highway, Titusville

Info: Hors d'oeuvres will be served at this free event, but seating is limited.

Visit parrishhealthcare.com/events or call 321-268-6156 to reserve yours.

Sweet Beats

Tuesday, Feb. 10 | 5-7 PM

Join us and Dr. Biju Mathews, medical director of Cardiovascular Services at Parrish Medical Center to find out how to keep your heart healthy and how we can assist you as your lifelong health care partners.

Where: Holiday Inn Titusville, 4715 Helen Hauser Blvd., Titusville

Info: Hors d'oeuvres will be served at this free event, but seating is limited. Visit parrishhealthcare.com/events or call 321-268-6156 to reserve yours.

Heart Walk

Saturday, Feb. 22 | 8 AM

Life's made up of special moments. In partnership with the American Heart Association, we walk to raise funds for science that helps us live longer, be healthier and make more moments possible. Join our walk team!

Where: The Avenue Viera, 2261 Town Center Avenue, Melbourne, FL 32940

Active Living

Tuesday, March 3 | 9:30-11:00 AM

Parrish Health & Fitness Center Manager Tammy Shelley will give you tips on how to make active living a lifestyle and Director of Athletic Training, Kellie Way, will teach you how to be safe while doing so. Everyone is invited to participate in chair exercises and ergonomic training.

Where: Parrish Medical Center, 951 N. Washington Ave., Titusville

Info: Brunch will be served at this free event. Seating is limited. To reserve your seat, visit parrishhealthcare.com/events or call 321-268-6156.

Patient Safety Awareness Week

March 8-14

Patient Safety Awareness Week serves as a dedicated time and platform for growing awareness about patient safety and recognizing the work already being done.

Doctors' Day

Monday, March 30

National Doctors' Day honors physicians for the work they do for their patients, the communities they work in and for society as a whole. It is their hard work and devotion that keeps all of us healthy and this day thanks them for doing that for us and our loved ones.

SUPPORT GROUPS

Go to parrishhealthcare.com/events for complete details.

AWAKE Sleep Disorders Support Group

Second Monday each month | 6-8 PM

Where: Parrish Healthcare Center, Port St. John
Info: Call 321-268-6408.

Caregiver Support Group

First and third Thursdays each month
9:30–11:30 AM

Where: Heritage Hall, Parrish Health Village
Info: Call Janet Rooks at 321-268-6800.

Diabetes Support Group

Second Thursday each month | 3:30–5 PM

Where: Heritage Hall, Parrish Health Village
Info: Call 321-268-6699.

MAK Gathering (Moms and Kidz) Support Group: Birth to 18 Months

With Lactation Consultant Rita Jordan

Mondays and Wednesdays | 10–11:30 AM

Where: The Children's Center, 5650 S. Washington Ave., Titusville
Info: Call 321-268-6682 or 321-264-0855.

Parkinson's Support Group of North Brevard

Third Thursday each month | 2–4 PM

Where: Heritage Hall, Parrish Health Village
Info: Call Janet Rooks at 321-268-6800.

Parrish Partners Cancer Support Group

Third Monday each month | 4–5:30 PM

Where: Heritage Hall, Parrish Health Village
Info: Call 321-268-6111, ext. 3544, or visit parrishhealthcare.com/events.

Pulmonary Hypertension Support Group

Sponsored by PMC

Second Tuesday each month | 3–5 PM

Where: Grace United Methodist, 65 Needle Blvd., Merritt Island
Info: Call Janet Rooks at 321-268-6800.

Stroke-Heart Survivors Group

Third Tuesday each month | 2–4 PM

Where: Heritage Hall, Parrish Health Village West
Info: Call Janet Rooks at 321-268-6800.

HOSPICE OF ST. FRANCIS SUPPORT GROUPS

Grieving Through Artistic Expression

First and third Monday each month
2-3:30 PM

Where: Merritt Square Mall, 777 E. Merritt Island Causeway, Merritt Island
Info: Call 321-269-4240. *RSVP required.*

Fearless Café

First Wednesday of each month | 10–11 AM

Join us for a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often scary conversations about death and dying.

Where: Parrish Medical Center Heritage Hall, 921 N. Washington Ave., Titusville
Info: Call 321-268-6156. *RSVP required.*

New Beginnings Luncheon Social Support

Every fourth Friday each month

11:30 AM-1:30 PM

Where: Charlie & Jakes, 6300 N. Wickham Road, Suite 137, Melbourne

Info: Call 321-269-4240. Visit HospiceOfStFrancis.com for a complete listing.

NAMI FAMILY SUPPORT GROUP

Family Support Group

First Wednesday of each month | 6-7:30 PM

Where: Palm Point Behavioral Health, 2355 Truman Scarborough Way, Titusville
Info: Call 321-603-6550. *RSVP required.*
Visit SpaceCoast.NAMI.org for a complete listing.

Beating Heart Disease—13 Do's & Don'ts

(Continued from page 1)

- 6 DO limit alcohol.** Too much alcohol can raise your blood pressure and adds extra calories.
- 7 DON'T smoke.** If you do not smoke, do not start. If you do smoke, take steps to quit.
- 8 DO manage stress.** Prolonged stress puts a strain on the body. Ways to manage your stress include exercise, listening to music and meditating.
- 9 DON'T ignore signs of depression.** Depression has been proven to be such a risk factor in heart disease that the American Heart Association (AHA) has recommended all patients with heart disease be screened for depression.

- 10 DO manage diabetes.** Diabetes doubles your risk of heart disease. Get tested for diabetes, and if you have it, to keep it under control.
- 11 DO get enough sleep.** If you don't get enough sleep, you raise your risk of high blood pressure, obesity, and diabetes. Most adults need 7 to 9 hours of sleep per night. If your sleep is interrupted by snoring or apnea (not breathing for short periods during sleep), you may need a sleep study. Talk with your doctor.
- 12 DO get a yearly physical from your primary care provider (PCP).** If you don't have a PCP, Parrish Medical Group is accepting new patients. Visit our provider directory at parrishmedgroup.com/directory.

- 13 DO know the signs and symptoms of a heart attack and act fast.** At the first sign of heart attack symptoms, call 911 and get to the ER. Also, consider taking aspirin at the first sign of symptoms.



News & Notes

Parrish Medical Group Offers Region's First Men's Reproductive Health Program; Introducing Dr. Mark Licht



Parrish Medical Group (PMG) established the region's only medical practice focusing on men's reproductive health. Prostate health, male fertility, vasectomy reversal, erectile dysfunction, and incontinence are treated at PMG by Dr. Mark Licht, a board-certified and fellowship-trained urologist. PMG and Dr. Licht were featured on ABC affiliate WFTV Channel 9's Daily Two and available to view on our YouTube channel at parrishhealthcare.com.

To schedule an appointment, call 321-268-6216.

Parrish Healthcare Brightens the Holiday Season in North Brevard County

We want to thank and recognize our PMC Auxiliary for starting Gift of Light 28 years ago and helping us to assure it is a success every year. We also again thank everyone who purchased a light on the tree to honor a loved one. Together we are *Healing Families—Healing Communities*.[®] Check out the Gift of Light photo album on our Facebook page.



Titusville Fire Department Goes Pink for the Cause; Donates \$3,000 to Parrish's Cancer Program

During the month of October for the past five years Titusville Fire Department has gone pink for the cause to raise breast cancer awareness. Department members sold and wore pink-themed T-shirts in place of their uniform shirts in observance of breast cancer awareness month. "Giving back to the community is gratifying for the department," said Gregory Sutton, TFD battalion chief. "To know that we are personally making a difference in the lives of those in our community that need the vital services provided by PMC's cancer care program means so much. Adam and Tiffany at Printboy, our local printer, and everyone that purchased T-shirts helped make this donation possible. We are grateful for the enormous support we have received from the community."

Primary Stroke Center Certified Since 2004

Parrish Medical Center earned The Joint Commission's Gold Seal of Approval[®] and the American Heart Association and American Stroke Association's Heart-Check mark for primary stroke care. We were recertified in Sept. 2019 and have earned continuous Primary Stroke Center (PSC) certification since 2004. Effective July 1, 2019, Senate Bill 1460 mandates hospitals to be stroke certified by a nationally recognized certifying organization that is approved by AHCA by July 1, 2021. The Joint Commission PSC certification meets this requirement.

County, City Reappoint Three Parrish Medical Center Board Members



Herman A. Cole, Jr. was reappointed to the Board of Directors for a full term at the Dec. 10, 2019 Titusville City Council meeting. Cole has served on the Board for the past 19 years. Dr. Elizabeth Galfo was reappointed by the Brevard County Commission on Nov. 19, 2019 to serve another 4 years. Galfo has been a Board Member since 2015. Jerry Noffel was also reappointed by County Commission on Nov. 19, 2019 and confirmed by the Titusville City Council on Dec. 10, 2019 for a term of 4 years. He has been a board member since 1999.