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Parrish Medical Center First in Brevard to Pioneer Pulsed Field Ablation

Groundbreaking new cardiac care advancement to treat irregular heart rhythms

Parrish Medical Center is the first in Brevard County to introduce Pulsed Field Ablation (PFA), a groundbreaking cardiac care advancement for the treatment of atrial fibrillation (AFib). Ajit Janardhan, MD, PhD, a board-certified cardiologist and cardiac electrophysiologist renowned for his expertise in heart rhythm disorders, will perform this innovative procedure inside Parrish Medical Center's state-of-the-art Cardiac Electrophysiology Laboratory.

This milestone marks Parrish Medical Center as the first hospital in Brevard County to offer PFA, a revolutionary non-thermal ablation technique that uses high-voltage electrical pulses to target and eliminate abnormal heart tissue with exceptional precision and safety. Unlike traditional methods, PFA minimizes risks to surrounding tissues, offering patients a faster, safer, and more effective option for managing AFib—a condition affecting millions of Americans that can lead to stroke, fatigue, and heart failure if untreated.

Dr. Janardhan, who joined Parrish Medical Center in 2022, brings a wealth of experience and a passion for advancing cardiac care. "Pulsed Field Ablation represents a transformative leap forward in how we treat atrial fibrillation," said Dr. Janardhan. "Its ability to precisely target the source of irregular heart rhythms while reducing complications is a game-changer for our patients. I'm honored to bring this technology to Brevard County and help improve the lives of those living with AFib."

Parrish Medical Center's Cardiac Electrophysiology Laboratory, equipped with the latest technology, provides the ideal setting for this advanced procedure. The hospital's commitment to innovation and patient-centered care has positioned it as a leader in cardiovascular services, offering same-day ablations since 2023 and now expanding its capabilities with PFA.

"We are proud to be at the forefront of this exciting development in cardiac electrophysiology," said Matt Graybill, Assistant VP of Operations of Parrish Healthcare. "Dr. Janardhan's expertise, combined with that of our entire team and cutting-edge facilities, underscores our dedication to delivering world-class health care to our community."

To learn more about Pulsed Field Ablation and other cardiovascular services at Parrish Healthcare, visit parrishhealthcare.com/cardiovascular or call 321-633-8660



Ajit Janardhan, MD
Cardiology/Cardiac
Electrophysiology

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LifeTimes

The Art of Living Well

SUMMER 2025

PARRISH HEALTHCARE ORTHOPEDICS

CHANGING LIVES ONE STEP AT A TIME

Parrish Healthcare's orthopedics and sports medicine practice delivers exceptional care to help you move without pain and live without limits. Our expert team uses the latest techniques and technologies to provide effective treatments for all of your orthopedic needs.

- Joint Replacement and Reconstruction
- Pain Management
- Physical Rehabilitation Services
- Sports Injuries
- Trauma and Fracture Care

Visit parrishhealthcare.com/orthopedics



Chairman of the Board

Greetings from the

Our unwavering commitment to healing and excellence continues to be reflected in everything we do.

This year, we became the first hospital in Brevard County to offer Pulsed Field Ablation—a groundbreaking advancement in the treatment of atrial fibrillation. This life-changing innovation, led by Dr. Ajit Janardhan, further solidifies our reputation as a leader in cardiac care.

We proudly celebrated our nurses by presenting our inaugural DAISY Award® for Extraordinary Nurses to Melissa Hamlin during National Nurses Week. Her dedication, along with the more than 70 nurses who received nominations, exemplifies the compassionate care that is at the heart of our organization in fulfilling the health needs of our community.

In primary care, our practices once again earned the highest level of recognition as Patient-Centered Medical Homes by the NCQA. We also opened the doors to our newest location, Parrish Healthcare Center in North Titusville, expanding services within oncology, infusion, laboratory and diagnostic services to better serve North Brevard residents.


Robert L. Jordan Jr., Chairman of the Board



With sustainability as a key value, Parrish Healthcare was honored as a 2025 Sustainability Leader by the City of Titusville, recognizing our decades-long commitment to environmental stewardship in health care.

Lastly, we’re pleased to have reached new multi-year agreements with both Cigna and Blue Cross Blue Shield of Florida, ensuring our patients have continued access to the care they need with the coverage they deserve.

Each of these recent accomplishments is a testament to the people who make our mission possible—our Care Partners, volunteers, community members and leadership. Together, we are building a healthier, stronger future for North Brevard.



Robert L. Jordan, Jr.

Parrish Healthcare Opens New North Titusville Location Expanding Oncology Services and More

In September 2024, Health First and Parrish Healthcare finalized a real estate agreement that transferred ownership of the former Health First Cancer Institute building (490 N. Washington Avenue, Titusville) to Parrish Healthcare. On June 16, 2025, the new center officially opened its doors, welcoming patients and community members, marking a significant milestone in expanding access to high-quality, compassionate care for the residents of North Titusville and surrounding areas.

The site is the new home for the Parrish Healthcare Oncology Center as well as outpatient infusion services, laboratory services, certain diagnostics, medical offices and more.



 Parrish Healthcare Center, North Titusville, is conveniently located at 490 North Washington Avenue in Titusville.

“Parrish Healthcare is committed to enhancing access to the trusted, high-quality medical services and providers the community has come to expect from us,” said Parrish Healthcare President/CEO George Mikitarian. “Adding this new location to our award-winning integrated care network, means we are able to further expand and grow our nationally accredited cancer program, among other services, within a state-of-the-art facility,” added Mikitarian.

To learn more about our new location, please visit parrishhealthcare.com/northtitusville

Be Health Aware, Know Your Risk

HealthAware is a series of free assessment tools that provide information about your risk for various health conditions. The assessments take only minutes to complete.

When you finish, you’ll receive a personalized, confidential report of your results. You’ll also have the opportunity to connect directly to our patient navigation team. They are ready to assist you in your health care journey.

Assessments are available for orthopedics, cancer, stroke, sleep disorders and more.



Scan the QR code or visit parrishhealthcare.com/healthaware

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Parrish Medical Group Primary Care Practices Achieve National Quality Recertification as Patient-Centered Medical Homes

Parrish Medical Group Primary Care Practices, with locations in Titusville and Port St. John, have once again been awarded the highest level of certification (level 3) as Patient-Centered Medical Homes (PCMH) by the National Committee for Quality Assurance (NCQA).

The NCQA is the most widely adopted evaluation program in the United States and certification includes a rigorous review process. Parrish Medical Group has proudly held this distinction since 2015. The certification recognizes the exceptional quality of care provided and reaffirms Parrish Medical Group’s commitment to offering superior patient care.



“NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients,” said NCQA President Margaret E. O’Kane. “Recognition shows that Parrish Medical Group has the tools, systems and resources to provide its patients with the right care, at the right time.”

The NCQA Patient-Centered Medical Home program incorporates input from the American College of Physicians (ACP), American Academy of Family Physicians (AAFP), American Academy of Pediatrics (AAP), American Osteopathic Association (AOA) and others. It assesses whether clinical practices are operating as medical homes and acknowledges those that achieve excellence in care delivery.

“As health care providers, the patient is always at the center and forefront of everything we do,” said Parrish Medical Group Medical Director Kevat B. Patel, MD, JM, MS, CHCQM, FACP. “Earning the PCMH certification from the NCQA once again affirms our dedication to adhering to superior clinical and patient experience standards, ensuring that our patients receive the highest level of care they expect and deserve.”

Please visit parrishhealthcare.com for more information about Parrish Medical Group, or to find a care provider

Parrish Healthcare Honors Extraordinary Nurses and Announces the First DAISY Award® Recipient, Melissa Hamlin

Parrish Healthcare, in partnership with the DAISY (Diseases Attacking the Immune System) Foundation, announced our first DAISY Award® for Extraordinary Nurses Honoree, Perioperative Services Nurse Melissa Hamlin.



The DAISY Award®, an international recognition program embraced by more than 6,000 health care facilities across 39 countries, was established by the family of J. Patrick Barnes, who died at age 33 of complications from an autoimmune disease, Idiopathic Thrombocytopenic Purpura (ITP). The DAISY Award® honors the exceptional and compassionate care nurses provide every day.

Parrish Healthcare first partnered with the DAISY Foundation in January 2025 and immediately began accepting nominations from patients, patients’ families and fellow Care Partners (employees, medical staff members and volunteers).



On Thursday, May 8, 2025, during National Nurses Week, Parrish Healthcare Chief Nursing Officer Lisa Dickerson presented the DAISY Award® to Nurse Hamlin during a special inaugural ceremony. Adding to the significance of the moment, Nurse Hamlin’s husband, Tyler, made a surprise appearance to be a part of the celebration.

Since January, Parrish Healthcare’s DAISY Award® Committee received more than 70 nominations. During the ceremony, all nurses who received a nomination were recognized and awarded a DAISY certification of recognition and signature DAISY pin.

Brevard County District 1 Commissioner Katie Delaney and City of Titusville Mayor Andrew Connors attended the inaugural ceremony. Each took a moment to share heartfelt remarks, expressing their deep gratitude and admiration for the extraordinary compassion and dedication demonstrated by nurses. During his remarks, Mayor Connors presented an Official Proclamation in honor of National Nurses Week, recognizing the outstanding contributions of nursing professionals. Awarded quarterly, the next DAISY Award® for Nursing Excellence will be presented in August.

Visit parrishhealthcare.com/DAISYaward for a full list of award nominees and to learn more

Healing Experiences

Exceeding Jeanette’s Expectations

Thank you Dr. Bataille and staff for going the extra mile! From the moment I walked into your office, I felt welcomed and well taken care of by every member of your team. The professionalism, kindness and attention to detail that each of you demonstrated made a world of difference in my experience.

Complete Care for Mr. Smith

From the time I entered the hospital and made my way through security, until they rolled me out the front door, I was in the company of constant care. Each person encountered was genuinely concerned for my safety and ensuring that this process moved smoothly. As I waited following my procedure, I was closely monitored, visited and had every need addressed and taken care of. Before going home, the follow-up procedures that I needed to maintain were expressed so that I understood them and that they were completely clear. Thank you, Parrish Staff.

Daniels’ Angels

As a former athlete, I can’t express how grateful I am to have had the opportunity to be coached by such a talented team. The recovery and fitness program that Meghan customized for me was not only physically beneficial, but it also pushed me emotionally during a time of self-doubt. It was exactly what I needed to help me move forward. My fears were eased as I underwent a mandatory check of my vitals before beginning my daily routine.

Read more patient stories by visiting parrishhealthcare.com/experiences

Parrish Medical Center Recognized as a 2025 Sustainability Leader by the City of Titusville



Lily Galleo (left), City of Titusville Sustainability Program Coordinator, poses beside Natalie Sellers (right).

Parrish Medical Center has been named a 2025 Sustainability Leader by the City of Titusville in recognition of its outstanding dedication and demonstrated efforts in alignment with the Titusville Sustainability Action Plan. This award celebrates Parrish Healthcare’s long-standing commitment to building a healthier, more resilient and sustainable future for the North Brevard community.

In acceptance of the award, Natalie Sellers, Senior Vice President of Communications,



Community & Corporate Services at Parrish Healthcare, commented, “We are honored to receive this award and sincerely thank the City of Titusville for making sustainability a priority and for bringing the many ways our North Brevard community is making sustainability a shared priority. Together, we share a deep respect for our community and for the beautiful environment that surrounds us.”

This recognition underscores Parrish Healthcare’s belief that sustainability is essential to its mission: *Healing Experiences for Everyone All the Time®*. With stewardship as a guiding value, Parrish Healthcare remains committed to going beyond what is required and integrates environmental sustainability into many aspects of its operations including facility design and community partnerships. Notable highlights of Parrish Healthcare’s sustainability efforts include:

- **LEED Silver-Certified Facility:** Parrish Healthcare Center in Port St. John was the first outpatient center in Florida to achieve LEED Silver Certification for its energy efficiency, water conservation and environmentally responsible materials. The center was named Project of the Year by the U.S. Green Building Council of Central Florida in 2008.
- **Healing Environments:** Since 1996, Parrish has designed its facilities around the principles of healing

environments, integrating elements like natural light, color, nature and cultural expression to promote wellness and conserve resources.

- **Recognition for Healthy Design:** The American Society of Healthcare Engineers recognized Parrish Medical Center’s dedication to healthy building design with a Vista Award in 2004.
- **Community Partnerships Focused on Sustainability:** Parrish Healthcare partners with numerous environmental organizations, including the Marine Resources Council’s Save Our Lagoon initiative and the Brevard Zoo’s Endangered Seagrass Restoration Project.
- **Environmentally Conscious Cleaning Practices:** Parrish Healthcare transitioned to cleaning products that focus on sustainability by reducing packaging waste and promoting safer formulations. Parrish also participates in reprocessing programs and uses 100% recyclable cold chain shipping materials.
- **Reducing Chemical Use with UV Light Technology:** Since 2021, Parrish Medical Center’s Environmental Services (EVS) department has integrated UV light disinfecting robots into their infection prevention strategy to minimize reliance on harsh chemicals and their overall environmental impact.
- **Eco-Friendly Dining:** Parrish Medical Center’s Atrium Café transitioned to several eco-friendly products to help reduce the hospital’s environmental footprint and minimize waste sent to landfills. This includes the reduced use of Styrofoam to-go containers and introduction of composite boxes.

“As North Brevard’s population continues to grow and community needs expand, we must continue to work together toward environmental quality and sustainability,” said George Mikitarian, President and CEO of Parrish Healthcare.

To learn more about Parrish Healthcare’s ongoing sustainability efforts, please visit parrishhealthcare.com

Parrish Healthcare Reaches New Multi-Year Contract Agreements with Insurance Affiliates

Parrish Healthcare has reached new multi-year contract agreements with Cigna and Blue Cross Blue Shield of Florida, Inc. (BCBS). Parrish Healthcare will remain in network with Cigna through February 28, 2027, and will remain in network with Blue Cross Blue Shield of Florida, Inc. (BCBS) through February 29, 2028.

“Our priority remains to safeguard patients in our care and to ensure that they receive the low-cost, high-quality care they deserve with insurance coverage that provides the greatest amount of protection for their health,” said Parrish Healthcare Chief Financial Officer Michael Moehring, MBA, CPA.

For a full list of insurance affiliates or additional information on our financial services, please visit parrishhealthcare.com/insurance

News & Notes

Jess Parrish Medical Foundation Awards 28 Scholarships to Aspiring Health Care Professionals

Jess Parrish Medical Foundation (JPMF) proudly awarded \$32,500 in scholarships to 28 exceptional college students and graduating high school seniors who have demonstrated a strong commitment to their communities and a passion for pursuing careers in medicine and health care. “This year’s scholarship recipients were impressive, and we look to them to drive the next wave of innovation in health care,” said Melissa Lugo, Chairman of JPMF Board of Directors. “The Foundation is proud to support the educational endeavors of these talented and deserving students.”

JPMF proudly invests in the future by offering medical scholarships to residents of North Brevard who are pursuing careers in health care, with the goal of nurturing the next generation of professionals who will one day contribute to the healing of our community.

Since 1990, more than \$569,000 in scholarship funds have been awarded by JPMF to support the educational pursuits of deserving students.

Please call 321-269-4066 or visit parrishmedfoundation.com/scholarships to learn more about Jess Parrish Medical Foundation scholarships



To learn how, contact Jess Parrish Medical Foundation at 321-269-4066 or visit parrishmedfoundation.com

Parrish Healthcare Celebrates Volunteers During National Volunteer Week

Parrish Healthcare commemorated National Volunteer Week at their annual volunteer appreciation luncheon. The luncheon is organized annually to extend gratitude and present service awards among the 150 volunteers who provided nearly 18,000 hours of service this year alone. “National Volunteer Week provides us with the opportunity to shine a light on the impact of volunteer service and the power of volunteers to help organizations, like ours, to fulfill their missions and, more broadly, to build stronger communities,” said Parrish Healthcare President/CEO George Mikitarian.

The volunteer program was formed in 1959 and has welcomed hundreds of individuals who have collectively contributed more than three million hours of service to Parrish Healthcare and North Brevard. That’s the equivalent of more than 342 years of volunteer service.

“Each member of our volunteer service has his or her own reasons for volunteering, but what each has in common is a servant’s heart; a willingness to help others with humility and compassion and without expecting anything in return. Their impact is profound. We are a stronger health system because of their service to the people, patients and community we serve,” added Mikitarian.

Please visit parrishhealthcare.com/volunteer or email volunteerservices@parrishmed.com to learn more about volunteering at Parrish Healthcare



Thank you to all Parrish Healthcare volunteers!



Jess Parrish Medical Foundation Golf Classic Attracts Record Breaking Sell-Out Crowd and Surpasses Fundraising Goal

Jess Parrish Medical Foundation (JPMF) hosted another sell-out crowd at this year’s tournament and exceeded its fundraising goal of \$75,000, raising more than \$91,000 to benefit The Children’s Center, a service of Parrish Healthcare and one-stop childhood development resource center.

More than 70 sponsors, 61 teams, 244 players and dozens of volunteers participated in the annual two-course JPMF Fran Gerrett Memorial Golf Classic on Friday, April 4, at Indian River Preserve Golf Club and The Great Outdoors Golf Club. Since 2011, the tournament has raised more than \$800,000 to support the vital work at The Children’s Center. The law firm Zumpano Patricios presented the 18-hole scramble for the eleventh consecutive year.

SAVE THE DATE – Next year’s Golf Classic will be April 10, 2026!

For more information about Jess Parrish Medical Foundation, or to secure your 2026 event partnership, please contact the Foundation at 321-269-4066 or visit parrishmedfoundation.com/golf

Open Interview Tuesdays EVERY TUESDAY 9 AM – 12 PM

Would you or someone you know make a great Care Partner at Parrish Healthcare? We’re recruiting for several clinical and non-clinical positions. Stop by Parrish Medical Center at 951 N. Washington Ave. in Titusville. We look forward to meeting you!

Visit parrishhealthcare.com/careers for additional information

BE Valued AND Appreciated



Be a **Parrish Care Partner**

COMMUNITY SUPPORT GROUP SCHEDULE

A.W.A.K.E. Sleep Support Group
Meets the second Monday monthly, 6-7:30 PM
Parrish Healthcare Center, Manatee Conference Room
5005 Port St. John Parkway, Port St. John
Contact our Sleep Center team at 321-268-6408

Cancer and Survivor Support Group
Meets the third Wednesday monthly, 4-5:30 PM
Parrish Healthcare Center, North Titusville Conference Room
490 North Washington Avenue, Titusville
Contact Shannon Luker at 321-268-6111, ext. 3544

Caring for Caregivers Support Group
Second and fourth Thursday monthly, 9:30-11:30 AM
Heritage Hall, Parrish Health Village
931 North Washington Avenue, Titusville
Contact Janet Rooks at 321-268-6800

Early Steps Community Play Date
A special play date for children five and under and their parent(s)/guardian(s).
Meets the fourth Wednesday monthly, 9-10:30 AM
The Children’s Center
5650 South Washington Avenue, Titusville
Contact Mary Cancel at 321-292-1370

Fearless Café
Presented by St. Francis Reflections Life Stages Care and Parrish Healthcare.
Meets the first Wednesday monthly, 10-11 AM
Heritage Hall, Parrish Health Village
931 North Washington Avenue, Titusville
Contact Janet Rooks at 321-268-6800

Kidney Smart Class
Meets the last Thursday monthly, 1-2:30 PM
Heritage Hall, Parrish Health Village
931 North Washington Avenue, Titusville
Contact Jackie Torres at 321-383-1245

Mom’s Support Group
Meets Mondays, 10-11 AM
The Children’s Center
5650 South Washington Avenue, Titusville
Contact Melinda at melinda.hodges@parrishmed.com

Parkinson’s Support Group
Meets the second Tuesday monthly, 11:15 AM-12:15 PM
Parrish Health & Wellness Center
3065 Columbia Boulevard, C-104, Titusville
Contact Barbara Fradkin 321-345-1031 or BrevardParkinsons.org parrishhealthcare.com/parkinsonsupport

Stroke and Heart Failure Survivors Support Group
Meets the third Tuesday monthly, 2-4 PM
Heritage Hall, Parrish Health Village
931 North Washington Avenue, Titusville
Contact Janet Rooks at 321-268-6800

Tools to Quit - Quit Smoking
Meets the last Tuesday monthly, 5:30-7:30 PM
Parrish Medical Center, Conference Room 6
951 North Washington Avenue, Titusville
Facilitated by Jennifer Wolowitz, Tobacco Free Florida 407-889-2292 ext. 102

Visit parrishhealthcare.com/events for information and to register

