



MEMORANDUM

To: Board of Directors

Cc: Bill Boyles, Esquire
Aluino Ochoa, M.D.

From: George Mikitarian
President/CEO

Subject: Board/Committee Meetings – December 1, 2025

Date: November 25, 2025

The Ad Hoc Credentials Review Committee will meet at 11:30 a.m. where the Committee will review credentialing and privileging files as they relate to medical staff appointment/reappointment.

The Quality Committee will convene at 12:00 p.m., which will be followed by the Finance Committee, the Executive Committee, and the Education Committee meetings.

The Board of Directors will meet in executive session no earlier than 1:30 p.m. Following the Board of Directors Executive Session, the Board of Directors regularly scheduled meeting will be held, however no earlier than 2:00 p.m.

The Planning Committee meeting has been canceled.

QUALITY COMMITTEE

Dan Aton, Chairperson
Robert L. Jordan, Jr., C.M. (ex-officio)
Elizabeth Galfo, M.D.
Billy Specht
Billie Fitzgerald
Herman A. Cole, Jr.
Stan Retz, CPA
Maureen Rupe
Ashok Shah, M.D.
Aluino Ochoa, M.D., President/Medical Staff
Alphonse Pecoraro, M.D., Designee, Vice Chairperson
Christopher Manion, M.D., Designee
George Mikitarian (non-voting)

**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
QUALITY COMMITTEE
MONDAY, DECEMBER 1, 2025, AT 12:00 P.M.
FIRST FLOOR, CONFERENCE ROOM 2/3/4/5**

CALL TO ORDER

I. Approval of Minutes

Motion to approve the minutes of the October 6, 2025 meeting.

II. Vision Statement

III. Recognition

IV. Dashboard

V. CMS Star Rating – Ms. Cottrell

VI. Appointment of Safety Officer

1. Safety Officer: The PMC Safety Officer is responsible for performing specified risk reduction activities and threat intervention responsibilities, so that all environment of care activities are effectively managed and to intervene when situations threaten people or property

Motion: To recommend the Board of Directors approve the appointment of Mr. Matthew Graybill, Assistant Vice President, Operations, as Parrish Medical Center's Safety Officer.

VII. Executive Session (if necessary)

ADJOURNMENT

NOTE: IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE QUALITY COMMITTEE WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING, HE/SHE WILL NEED A RECORD OF PROCEEDINGS AND, FOR SUCH PURPOSES, MAY NEED TO ENSURE A VERBATIM RECORD OF THE PROCEEDINGS IS MADE AND THAT THE RECORD INCLUDES TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

PERSONS WITH A DISABILITY WHO NEED A SPECIAL ACCOMMODATION TO PARTICIPATE IN THIS PROCEEDING SHOULD CONTACT THE ADMINISTRATIVE OFFICES AT 951 NORTH WASHINGTON AVENUE, TITUSVILLE, FLORIDA 32796, AT LEAST FORTY- EIGHT (48) HOURS PRIOR TO THE MEETING. FOR INFORMATION CALL (321) 268-6110. THIS NOTICE WILL FURTHER SERVE TO INFORM THE PUBLIC THAT MEMBERS OF THE BOARD OF DIRECTORS OF NORTH BREVARD MEDICAL SUPPORT, INC. MAY BE IN ATTENDANCE AND MAY PARTICIPATE IN DISCUSSIONS OF MATTERS BEFORE THE NORTH BREVARD COUNTY HOSPITAL DISTRICT BOARD OF DIRECTORS EDUCATIONAL, GOVERNMENTAL AND COMMUNITY RELATIONS COMMITTEE. TO THE EXTENT OF SUCH DISCUSSION, A JOINT PUBLIC MEETING OF THE NORTH BREVARD COUNTY HOSPITAL DISTRICT, BOARD OF DIRECTORS EDUCATIONAL, GOVERNMENTAL AND COMMUNITY RELATIONS COMMITTEE AND NORTH BREVARD MEDICAL SUPPORT, INC. SHALL BE CONDUCTED.

**DRAFT
NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
QUALITY COMMITTEE**

A regular meeting of the Quality Committee of the North Brevard County Hospital District operating Parrish Medical Center was held on October 6, 2025, in Conference Room 2/3/4/5, First Floor. The following members were present.

Dan Aton, Chairperson
Robert L. Jordan, Jr., C.M.
Stan Retz, CPA
Herman A. Cole, Jr.
Elizabeth Galfo, M.D.
Maureen Rupe
Ashok Shah, M.D. (12:29 p.m.)
Billie Fitzgerald
Alphonse Pecoraro, M.D., Vice Chair
Aluino Ochoa, M.D., President/Medical Staff
George Mikitarian (non-voting)

Members absent:
Christopher Manion, M.D. (excused)
Billy Specht (excused)

CALL TO ORDER

Mr. Aton called the meeting to order at 12:05 p.m.

REVIEW AND APPROVAL OF MINUTES

Discussion ensued and the following motion was made by Mr. Retz, seconded by Mr. Cole, and approved (9 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION TO APPROVE THE AUGUST 4, 2025 MINUTES OF THE QUALITY COMMITTEE, AS PRESENTED.

VISION STATEMENT

Ms. Cottrell shared the committee's vision statement, which is to ensure affordable access to safe, high quality patient care to the communities we serve.

QUALITY DASHBOARD REVIEW

Ms. Cottrell reviewed the Quality Dashboard discussing each indicator score as it relates to clinical quality and cost. Ms. Cottrell answered questions and received comments from committee members concerning the dashboard and her earlier discussion. Copies of the Power

Point slides presented by Ms. Cottrell are appended to the file copy of these minutes.

THE JOINT COMMISSION | INTEGRATED CARE CERTIFICATION

Ms. Cottrell provided a brief history and overview of the Integrated Care Certification. Copies of the Power Point slides presented are appended to the file copy of these minutes.

OTHER

There was no other business brought before the committee.

ADJOURNMENT

There being no further business, the Quality Committee meeting adjourned at 1:06 p.m.

Dan Aton,
Chairperson

FINANCE COMMITTEE

Herman A. Cole, Jr. Chairperson

Stan Retz, CPA, Vice Chairperson

Robert L. Jordan, Jr., C.M., (ex-officio)

Billie Fitzgerald

Maureen Rupe

Dan Aton

Christopher Manion, M.D.

Aluino Ochoa, M.D., President/Medical Staff

George Mikitarian, President/CEO (non-voting)

**FINANCE COMMITTEE MEETING
NORTH BREVARD COUNTY HOSPITAL DISTRICT OPERATING
PARRISH MEDICAL CENTER
MONDAY, DECEMBER 1, 2025
FIRST FLOOR CONFERENCE ROOMS 2/3/4/5**

CALL TO ORDER

- I. Approval of minutes.

Motion: To recommend approval of the October 6, 2025 meeting.

- II. Financial Review – Mr. Moehring

- III. Executive Session (if necessary)

ADJOURNMENT

NOTE: IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE FINANCE COMMITTEE WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING, HE/SHE WILL NEED A RECORD OF PROCEEDINGS AND, FOR SUCH PURPOSES, MAY NEED TO ENSURE A VERBATIM RECORD OF THE PROCEEDINGS IS MADE AND THAT THE RECORD INCLUDES TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

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**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
FINANCE COMMITTEE**

A regular meeting of the Finance Committee of the North Brevard County Hospital District operating Parrish Medical Center was held on October 6, 2025, in Conference Room 2/3/4/5, First Floor. The following members, representing a quorum, were present:

Herman A. Cole, Jr., Chairperson
Stan Retz, Vice Chairperson
Robert Jordan, Jr., C.M.
Billie Fitzgerald
Dan Aton
Maureen Rupe
Aluino Ochoa, M.D.
George Mikitarian (non-voting)

Member(s) Absent:
Christopher Manion, M.D. (excused)

A copy of the attendance roster of others present during the meeting is appended to the file copy of these minutes.

CALL TO ORDER

Mr. Cole called the meeting to order at 1:07 p.m.

REVIEW AND APPROVAL OF MINUTES

Discussion ensued and the following motion was made by Mr. Jordan seconded by Mr. Aton and approved (7 ayes, 0 nays, 0 abstentions.)

ACTION TAKEN: MOTION APPROVING THE AUGUST 4, 2025, MEETING MINUTES OF THE FINANCE COMMITTEE OF THE BOARD OF DIRECTORS OF THE NORTH BREVARD COUNTY HOSPITAL DISTRICT, AS PRESENTED.

PUBLIC COMMENTS

There were no public comments.

FINANCIAL REVIEW

Mr. Moehring summarized the July financial statements of the North Brevard County Hospital District and the year-to-date financial performance of the Health System indicating positive progress has been made. Mr. Moehring answered questions and received comments from the members of the committee.

QUARTERLY INVESTMENT PORTFOLIO UPDATE

Mr. Anderson presented the quarterly operating account investment performance and retirement account investment performance update indicating positive results have been achieved. Mr. Anderson answered questions and received comments from the members of the committee.

FY 2026 CAPITAL BUDGET

Discussion ensued and the following motion was made by Mr. Jordan seconded by Mr. Aton and approved (7 ayes, 0 nays, 0 abstentions).

***ACTION TAKEN:* MOTION TO RECOMMEND THE BOARD OF DIRECTORS
APPROVE THE FY 2026 CAPITAL BUDGET IN THE AMOUNT OF \$ 9,250,000.00.**

ADJOURNMENT

There being no further business to come before the committee, the Finance Committee meeting adjourned at 1:51 p.m.

Herman A. Cole, Jr.,
Chairman

EXECUTIVE COMMITTEE

Stan Retz, CPA, Chairman

Robert L. Jordan, Jr., C.M.

Herman A. Cole, Jr.

Elizabeth Galfo, M.D.

Maureen Rupe

George Mikitarian, President/CEO (non-voting)

DRAFT AGENDA EXECUTIVE COMMITTEE NORTH BREVARD COUNTY HOSPITAL DISTRICT OPERATING PARRISH MEDICAL CENTER MONDAY, DECEMBER 1, 2025 FIRST FLOOR, CONFERENCE ROOM 2/3/4/5 IMMEDIATELY FOLLOWING FINANCE COMMITTEE

CALL TO ORDER

- I. Approval of Minutes

Motion to approve the minutes of the October 6, 2025 meeting.

- II. D1 Commissioner Concerns – Mr. Mikitarian

- III. Reading of the Huddle

- IV. Attorney Report – Mr. Boyles

- V. Executive Session (if needed)

ADJOURNMENT

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**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
EXECUTIVE COMMITTEE**

A regular meeting of the Executive Committee of the North Brevard County Hospital District operating Parrish Medical Center was held on October 6, 2025, in Conference Room 2/3/4/5, First Floor. The following members were present:

Stan Retz, CPA, Chairman
Robert L. Jordan, Jr., C.M., Vice Chairman
Herman A. Cole, Jr.
Maureen Rupe
George Mikitarian (non-voting)

Members Absent:
Elizabeth Galfo, M.D. (excused)

A copy of the attendance roster of others present during the meeting is appended to the file copy of these minutes.

CALL TO ORDER

Mr. Retz called the meeting to order at 2:07 p.m.

REVIEW AND APPROVAL OF MINUTES

Discussion ensued and the following motion was made by Mr. Cole, seconded by Dr. Galfo, and approved (5 ayes, 0 nays, 0 abstentions).

ACTION TAKEN: MOTION TO APPROVE THE AUGUST 4, 2025 MEETING MINUTES OF THE EXECUTIVE COMMITTEE OF THE BOARD OF DIRECTORS, AS PRESENTED.

READING OF THE HUDDLE

Dr. Galfo presented the Weekly Huddle.

ATTORNEY REPORT

Mr. Boyles noted that the legislature will be going into committee meetings over the next few months and Gray Robinson will monitor such meetings and keep the board informed of any items regarding hospitals or hospital districts.

OTHER

There was no other business to come before the committee.

ADJOURNMENT

There being no further business to discuss, the committee adjourned at 2:11 p.m.

Stan Retz, CPA
Chairman

EDUCATION COMMITTEE

Billie Fitzgerald, Chairperson
Maureen Rupe, Vice Chairperson
Robert L. Jordan, Jr., C.M. (ex-officio)
Elizabeth Galfo, M.D., Chairperson
Billy Specht
Herman A. Cole, Jr.
Dan Aton
Stan Retz, CPA
Ashok Shah, M.D.
Aluino Ochoa, M.D.
George Mikitarian, President/CEO (Non-voting)

**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
EDUCATIONAL, GOVERNMENTAL AND COMMUNITY RELATIONS COMMITTEE
MONDAY, DECEMBER 1, 2025
FIRST FLOOR CONFERENCE ROOM 2/3/4/5**

CALL TO ORDER

I. Review and Approval of Minutes

Motion to approve the minutes of the October 6, 2025 meeting.

II. PMC Digital Transformation Strategy – Mr. Gachago

III. Executive Session (if necessary)

ADJOURNMENT

NOTE: IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE EDUCATION COMMITTEE WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING, HE/SHE WILL NEED A RECORD OF PROCEEDINGS AND, FOR SUCH PURPOSES, MAY NEED TO ENSURE A VERBATIM RECORD OF THE PROCEEDINGS IS MADE AND THAT THE RECORD INCLUDES TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

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**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
EDUCATIONAL, GOVERNMENTAL AND COMMUNITY RELATIONS COMMITTEE**

A regular meeting of the Educational, Governmental and Community Relations Committee of the North Brevard County Hospital District operating Parrish Medical Center was held on October 6, 2025, at 3:06 p.m. in Conference Room 2/3/4/5, First Floor. The following members were present:

Billie Fitzgerald, Chairperson
Maureen Rupe, Vice Chairperson
Robert L. Jordan, Jr., C.M.
Stan Retz, CPA
Herman A. Cole, Jr.
Elizabeth Galfo, M.D.
Dan Aton
Aluino Ochoa, M.D.
George Mikitarian (non-voting)

Member(s) Absent:
Billy Specht (excused)
Ashok, Shah, M.D. (excused)

CALL TO ORDER

Mr. Jordan called the meeting to order at 2:13 p.m. as Ms. Fitzgerald stepped away and returned at 2:14 p.m. At this time Mr. Jordan turned the meeting over to Ms. Fitzgerald.

REVIEW AND APPROVAL OF MINUTES

The following motion was made by Mr. Jordan seconded by Mr. Specht, and approved (8 ayes, 0 nays, 0 abstentions).

ACTION TAKEN: MOTION APPROVING THE MINUTES OF THE AUGUST 4, 2025, EDUCATION COMMITTEE MEETING, AS PRESENTED.

BOARD SELF-ASSESSMENT

Mr. Lifton provided an introduction and overview of the Board Self-Assessment to be conducted over the next month, noting the results will be provided and discussed at the November 3, 2025 meeting.

OTHER

No other items were presented for consideration by the committee.

ADJOURNMENT

There being no further business to come before the committee, the Educational, Governmental and Community Relations Committee meeting adjourned at 2:18 p.m.

Billie Fitzgerald,
Chairperson

**DRAFT AGENDA
BOARD OF DIRECTORS MEETING - REGULAR MEETING
NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
DECEMBER 1, 2025
NO EARLIER THAN 2:00 P.M.,
FOLLOWING THE LAST COMMITTEE MEETING
FIRST FLOOR, CONFERENCE ROOM 2/3/4/5**

CALL TO ORDER

- I. Pledge of Allegiance
- II. PMC's Vision – *Healing Families – Healing Communities*
- III. Approval of Agenda
- IV. Recognitions(s)
 - A. New Providers (memo included)
- V. Review and Approval of Minutes (October 6, 2025 Regular Meeting)
- VI. Open Forum for PMC Physicians
- VII. Public Input and Comments***₁
- VIII. Unfinished Business***
- IX. New Business***
 - A. **North Brevard Medical Support, Inc, Liaison Report –Mr. Retz**
- X. Medical Staff Report Recommendations/Announcements
- XI. Public Comments (as needed for revised Consent Agenda)
- XII. Consent Agenda***
 - A. Quality Committee
 - 1. Motion to approve the appointment of Mr. Matthew Graybill, Assistant Vice President, Operations, as Parrish Medical Center's Safety Officer.

BOARD OF DIRECTORS MEETING
DECEMBER 1, 2025
PAGE 2

***¹ Pursuant to PMC Policy 9500-154:

- non-agenda items – 3 minutes per citizen
- agenda items for board action -- 3 minutes per citizen, permitted prior to board discussion for regular agenda action items and prior to board action on consent agenda
- 10 minute total per citizen
- must be related to the responsibility and authority of the board or directly to an agenda item [see items marked ***]

XIII. Committee Reports

- A. Quality Committee
- B. Finance Committee
- C. Executive Committee
- D. Educational, Governmental and Community Relations Committee
- E. Planning, Physical Facilities & Properties Committee

XIV. Process and Quality Report – Mr. Mikitarian

- A. Other Related Management Issues/Information
- B. Hospital Attorney - Mr. Boyles

XV. Other

- A. Monthly Media Report (memo included)

XVI. Closing Remarks – Chairman

XVII. Executive Session Concerning Pending Litigation/Settlement Negotiations and Strategy Related to Litigation Expenditures.

ADJOURNMENT

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ANY MEMBER OF THE PUBLIC THAT WILLFULLY INTERRUPTS OR DISTURBS A MEETING OF THE BOARD OF DIRECTORS IS SUBJECT TO REMOVAL FROM THE MEETING BY AN OFFICER AND SUCH OTHER ACTIONS AS MAY BE DEEMED APPROPRIATE AS PROVIDED IN SECTION 871.01 OF THE FLORIDA STATUTES.



Healing Families – Healing Communities®

parrishhealthcare.com

Edward Sanchez, MD

Diagnostic Imaging/Interventional Radiology

Medical School: University of
Central Florida, College of
Medicine

Residency: Massachusetts
General (Harvard Medical School)
Diagnostic Radiology

Fellowship: Massachusetts
General (Harvard Medical School)
Vascular & Interventional
Radiology



Kaitlyn Hammock, DPM

Podiatry (Foot & Ankle Surgery)

Medical School: Dr. William Scholl College of Podiatric Medicine, Rosaline Franklin University of Medicine and Science, Chicago

Residency: Advent Health, Orlando, Reconstructive Rearfoot/Ankle surgery



Joseph Staggenborg, MD

Anesthesiology – TeamHealth

Medical School – St. Louis
University School of Medicine

Residency – University of
Pittsburgh School of Medicine



Frank Mercho, MD

Diagnostic Imaging – Northern Light

Medical School: Universite Saint-Joseph
Faculte de Medicine

Residency: American University of
Beirut, Lebanon

Fellowship: Neuroradiology:
University of Rochester Medical Center,
Strong Memorial Hospital

Fellowship: Cardiovascular and
Peripheral Angiography, University of
Rochester Medical Center, Strong
Memorial Hospital

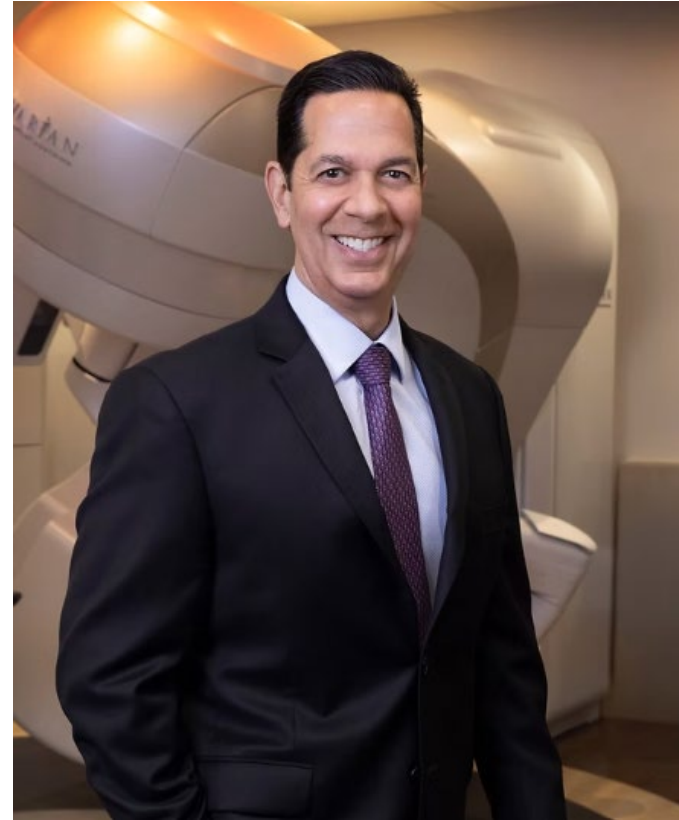


David Diamond MD

Radiation Oncology – Joint Venture w/ PMG

Medical School: University of Florida, College of Medicine

Residency: Mallinckrodt Institute of Radiology, Barnes-Jewish Hospital, Washington University, St. Louis, MO



Chao-Hsu Lin, MD

Diagnostic Imaging – Northern Light

Medical School: St. George's University of
Medicine

Residency: University of Oklahoma
College of Medicine



Arnaldo Reyes-Estevez, MD

Critical Care

- **Medical School**: Universidad Autonoma de Guadalajara
Facultad de Medicina
- **Residency**: HCA Florida
Healthcare, Orlando – Internal
Medicine
- **Fellowship**: HCA Florida,
Aventura Hospital – Pulmonary
& Critical Care Medicine



DRAFT
NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING
PARRISH MEDICAL CENTER
BOARD OF DIRECTORS – REGULAR MEETING

A regular meeting of the Board of Directors of the North Brevard County Hospital District operating Parrish Medical Center (the District) was held at 2:21 p.m. on October 6, 2025 in Conference Room 2/3/4/5, First Floor. The following members were present:

Robert L. Jordan, Jr., C.M., Chairperson
Stan Retz, Vice Chairperson
Herman A. Cole, Jr.
Elizabeth Galfo, M.D.
Billie Fitzgerald
Maureen Rupe
Dan Aton
Ashok Shah, M.D. (2:25 p.m.)

Member(s) Absent:
Billy Specht (excused)

A copy of the attendance roster of others present during the meeting is appended to the file copy of these minutes.

CALL TO ORDER

Mr. Jordan called the meeting to order at 2:21 p.m. and determined a quorum was present per Article 1.1.4 of the District Bylaws.

PLEDGE OF ALLEGIANCE

Mr. Jordan led the Board of Directors, staff and public in reciting the Pledge of Allegiance.

PMC’S VISION – *Healing Families – Healing Communities®*

Mr. Jordan led the Board of Directors, staff and public in reciting PMC’s Vision – *Healing Families – Healing Communities®*.

APPROVAL OF MEETING AGENDA

Mr. Jordan requested approval of the meeting agenda in the packet as revised. Discussion ensued and the following motion was made by Mr. Cole, seconded by Dr. Galfo, and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION APPROVING THE REVISED MEETING AGENDA OF THE BOARD OF DIRECTORS OF THE DISTRICT AS PRESENTED.

RECOGNITIONS

There were no recognitions.

REVIEW AND APPROVAL OF MINUTES

Discussion ensued and the following motion was made by Mr. Cole, seconded by Dr. Galfo, and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION APPROVING THE MINUTES OF THE AUGUST 4, 2025, REGULAR MEETING OF THE BOARD OF DIRECTORS OF THE NORTH BREVARD COUNTY HOSPITAL DISTRICT DBA PARRISH MEDICAL CENTER, AS PRESENTED.

OPEN FORUM FOR PMC PHYSICIANS

There were no physician comments.

PUBLIC COMMENTS

There were no public comments.

UNFINISHED BUSINESS

There was no unfinished business.

NEW BUSINESS

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE RETIRING POLICY 9500-49, ACQUISITION OR CONSTRUCTION OF MAJOR MEDICAL FACILITIES AND/OR EQUIPMENT, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE RETIRING POLICY 9500-25, CONSTRUCTION PROJECT CHANGE ORDERS, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE RETIRING POLICY 9500-5004, PENSION INVESTMENT GUIDELINES, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE RETIRING POLICY 9500-5004 DUPLICATE POLICY, PENSION INVESTMENT GUIDELINES, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE THE INSPECTION AND REPRODUCTION OF PUBLIC RECORDS POLICY, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE THE RESPONSIBILITY MATRIX POLICY, AS PRESENTED.

Discussion ensued and the following motion was made by Dr. Galfo, seconded by Mr. Cole and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION THAT THE BOARD OF DIRECTORS APPROVE THE PRIMARY STROKE CENTER PROGRAM POLICY, AS PRESENTED.

MEDICAL STAFF REPORT RECOMMENDATIONS/ANNOUNCEMENTS

There were no recommendations or announcements.

CONSENT AGENDA

Discussion ensued regarding the consent agenda, and the following motion was made by Mr. Cole, seconded by Mr. Retz, and approved (7 ayes, 0 nays, 0 abstentions). Dr. Shah was not present at the time the vote was taken.

ACTION TAKEN: MOTION TO APPROVE THE FOLLOWING REVISED CONSENT AGENDA ITEMS:

Consent Agenda

I. Consent Agenda***

A. Finance Committee

1. *Motion to recommend the Board of Directors approve the FY 2026 Capital Budget in the amount of \$9,250,000.00.*

COMMITTEE REPORTS

Quality Committee

Mr. Jordan reported all items were covered during the Quality Committee meeting.

Finance Committee

Mr. Cole reported all items were covered during the Finance Committee meeting.

Executive Committee

Mr. Retz reported all items were covered during the Executive Committee meeting.

Educational, Governmental and Community Relations Committee

Ms. Fitzgerald reported that all items were covered during the Educational, Governmental and Community Relations Committee meeting.

Planning, Physical Facilities and Properties Committee

Mr. Jordan reported the Planning, Physical Facilities and Properties Committee did not meet.

Process And Quality Report

Mr. Mikitarian noted that he, Mr. Moehring and Mr. Gachago, recently attended the Beckers Digital Innovation Conference, adding that Mr. Gachago presented at the conference, was very impressive and continues to be a valuable asset to PMC.

Hospital Attorney

Legal counsel had no further report.

OTHER

Mr. Morak shared that the October 18, 2025 JPMF Gala is already sold out and shared his thanks and appreciation for Gray-Robinson and Mr. and Mrs. Boyles for their continued support and sponsorship.

CLOSING REMARKS

There were no closing remarks.

ADJOURNMENT

There being no further business to discuss, the Parrish Medical Center Board of Directors meeting adjourned at 2:37 p.m.

Robert L. Jordan, Jr., C.M.
Chairman

**NORTH BREVARD COUNTY HOSPITAL DISTRICT
OPERATING PARRISH MEDICAL CENTER
MEDICAL EXECUTIVE COMMITTEE MEETING – REGULAR SESSION MINUTES
November 11, 2025**

Present: Dr. Carmona, Dr. Ochoa, Dr. Rajan, Dr. Jacobs, Dr. Manion, Dr. Navas, Dr. Musto, Dr. R. Patel, C. McAlpine

Absent: K. Patel, MD, L. Stuart, MD, G. Mikitarian, H. Cole

A meeting of the Medical Executive Committee of the North Brevard County Hospital District operating Parrish Medical Center was called to order on November 11, 2025 at 5:30pm in the Conference Center. A quorum was determined to be present.

CALL TO ORDER.

Dr. A. Ochoa called the meeting to order at 6:32pm.

I. REVIEW AND APPROVAL OF MINUTES

Motion to approve the Regular Session minutes of October 21, 2025 as written and distributed *was made by C. Rajan, DO, seconded by M. Navas, MD, and unanimously approved.*

2. Old Business: None.

3. New Business:

CONSENT AGENDA - STANDING ORDERS

- Terlipressin - HRS Type 1 (E1002ab) - New Order Set.
- Intubation/Ventilator Orders (E424ad) - New Order Set. Replacing E60ad and E423ab.
- Mechanically Ventilated Patient Sedation/Analgesia Protocol (E60ad) - Retire.
- Mechanical Ventilation Standing Orders (E423ab) - Retire.
- Anaphylaxis (E3515) - In LIVE but no downtime version. Downtime version requested. Please review as if new.
- Acute Renal Failure - Adult (E1251ac) - Multiple revisions. Please review as if new.
- Infusion Center PRN Meds (E3648) - Removed Hypoglycemia section. Removed the Heparin verbiage on both the port and the midline. Updated Saline Flush to Sodium Chloride 0.9% (Flush)- 10ml IV PRN with PRN reason: implanted Port/PICC Line. Removed the entire section that states, "for adults and child.."

and "for child..". Added Pain Ease Spray order.

- Hip Fracture Pre (E3284af) - Added an order for Tranexamic acid. Removed the automatic check mark for U/A. Added an automatic check mark for case management consult. Added an activity that is automatically checked to "non weight bearing/strict bed rest". The option for pregnancy test was changed to serum from urine. Added criteria for requiring cardiac clearance (Severe valvular disease, Significant arrhythmias, Heart Failure, Unstable coronary syndromes). Added femur x-ray. Added option of how many units are requested for blood product order section.
- Pre Peripheral Angiography Standing Orders (E3539) - The Pre and Post Peripheral Angiography order sets for Inpatient and Outpatient were recently reviewed by Cleveland Clinic. Per their recommendations, we have combined the Inpatient/Outpatient Pre into one order set.
- Post Peripheral Angiography Standing Orders (E3540ac) - The Pre and Post Peripheral Angiography order sets for Inpatient and Outpatient were recently reviewed by Cleveland Clinic. Per their recommendations, we have combined the Inpatient/Outpatient Post into one order set.
- Outpatient Pre Peripheral Angiography Standing Orders (E3473) - Retiring as combined with E3539.
- Outpatient Post Peripheral Angiography Standing Orders (E3474) - Retiring as combined with E3540ab.

MOTION TO APPROVE THE CONSENT AGENDA AS WRITTEN AND DISTRIBUTED WAS MADE BY M. MUSTO, DO, SECONDED BY C. RAJAN, DO AND UNANIMOUSLY APPROVED.

Report from Administration: Mr. McAlpine outlined the pending MEC Boot Camp, Review of the Bylaws and Rules & Regulations, and Peer Review process/training all under the direction of the Chartis Group. More information to follow.

Report from the Board: None.

Open Forum: None

There being no further business the meeting adjourned at 6:50 pm.

Next meeting, DECEMBER 16, 2025.

Aluino Ochoa, MD
President, Medical Staff

Christopher Manion, MD
Secretary/Treasurer, Medical Staff

MONTHLY MEDIA REPORT – October 2025



Please note where you see “impressions” the figure refers to the number of homes or individuals exposed to a message from Parrish Healthcare. The figure is calculated using circulation numbers as reported by the various publishers (where available) multiplied by the number of times Parrish Healthcare is mentioned, pictured, or number of times an advertisement ran in a month.

	<u>Estimated Impressions</u>
Community Outreach (Attendees)	4,259
<i>Brevard Parkinson’s Alliance Event (October 4)</i>	<i>(Attendance 45)</i>
Table sponsor \$500; Megan Johnson and Madison Harrell represented Parrish Healthcare at the event from 10AM-2PM. Provided information and Parrish branded promotional items.	
<i>Chamber of Commerce Golf Tournament (October 10)</i>	<i>(Attendance 150)</i>
Set-up as a hole sponsor with Parrish branded tent, swag and snacks; social media mention on all Chamber of Commerce’s social platforms. Samantha Decker and Christie Rimsky supported the event with marketing collateral and swag.	
<i>Friends of the Port St. John Library, Scarecrow Contest (October 11)</i>	<i>(Attendance 236)</i>
Parrish branded signage at event, Friends of the Port St. John library Facebook page exposure for voting, and newsletter. Our scarecrow took second place overall. Scarecrow remained on display from Sept 11 – Nov 7.	
<i>Space Coast Triathlon & Duathlon (October 12)</i>	<i>(Attendance 650)</i>
Presenting Sponsor - \$5,000 (part of bulk package for race events). Parrish highlighted as presenting sponsor in event’s marketing collateral and throughout social media; logo on event website; 650 runner entries; logo on t-shirt and hat provided to all runners.	
<i>Sunrise Rotary Presentation (October 14)</i>	<i>(Attendance 8)</i>
Dr. Andre Gabriel spoke to audience of eight Rotary attendees on Peripheral Artery Disease (PAD) and highlighted risks, warning signs and latest treatment options, empowering our community to take charge of their vascular health.	
<i>Breast Friends Cancer Survivor Event (October 22)</i>	<i>(Attendance 20)</i>
<i>Dr. Tanya Taival and Shannon Luker lead survivor reception at 490 N Washington. Interactive activities, swag, food and personal support provided to all attendees (breast cancer survivors).</i>	
<i>TGO-LGA Breast Cancer Golf Tournament (October 20)</i>	<i>(Attendance 150)</i>
Event hosted by TGO-LGA (The Great Outdoors Ladies Golf Association). Provided branded tent at event, swag and information on breast cancer services and resources offered by Parrish Oncology. Shannon Luker, Jennifer Neff, Dr. Cruz-Amy and Christie Rimsky supported tent	

activities; Shannon Luker delivered thank you message at event luncheon and provided update on how event proceeds have benefited the oncology program.

Making Strides Against Breast Cancer (October 25)

(Attendance 3000)

Served as Silver Sponsor for \$3500 total. Parrish Healthcare logo featured on Making Strides website, all digital marketing materials and social media channels. Parrish tent was on display at event, featured on the 5-foot pink ribbon sponsorship signage and included in pre-event recognition during stage announcements. Swag and Parrish marketing collateral distributed.

Print Advertising/Impressions	844,125
<i>Happenings (5,500/Issue – Monthly and Weekly - Contact: Randy Rodriquez)</i>	<i>5,500</i>
<ul style="list-style-type: none">• 10.2025 – Cover Ad (Oncology – Where Hope Meets Healing)• 10.2025 – Full Page Back Cover (PHC-North Titusville)• 10.2025 – Full Page (Support Groups)	
<i>Hometown News (14,725/Issue – Weekly - Contact: Rodney Bookhardt)</i>	<i>73,625</i>
<ul style="list-style-type: none">• 10.03.25 – Full Page (PHC – North Titusville)• 10.10.25 – Full Page (Mammo Myths – Ver. B)• 10.17.25 – Full Page (Parrish Healthcare – Port St. John)• 10.24.25 – Full Page (Cancer Risks & Screenings)• 10.31.25 – Full Page (Gift of Light)	
<i>Florida Today (50,000/Issue – Daily - Contact: Local IQ)</i>	<i>650,000</i>
<ul style="list-style-type: none">• 10.09.25 – Half Page (Parrish Healthcare – North Titusville)• 10.23.25 – Half Page (Mammo Myths)• 10.26.25 – Full Page (Gift of Light)• 10.01.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.03.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.05.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.08.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.10.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.12.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.15.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.17.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.19.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.24.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.29.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)• 10.31.25 – Front Page Strip Ad (Lifelong Wellness. We're With You.)	
<i>Investing in Your Health Today (25,000/Edition – Monthly - Contact: Barbara Rhoden)</i>	<i>25,000</i>
<ul style="list-style-type: none">• 10.2025 – Full Page (PHC – North Titusville)• 10.2025 – Full Page (Mammo Myths)• 10.2025 – Full Page (Support Services)	
<i>Ebony News (25,000/Print Edition; 1500/Digital – Monthly - Contact: Barbara Rhoden)</i>	<i>26,500</i>

- 10.2025 – Half Page (PHC – North Titusville)

The Great Outdoors – Happenings (3,500/Edition – Weekly - Contact: Greg Wostrel) 10,500

- 10.03.25 – Full Page (Focused on the Future of Patient Care)
- 10.17.25 – Full Page (Mammo Myths – Ver. B)
- 10.31.25 – Full Page (Gift of Light)

Savings Safari (51,000/Edition – Bi-monthly - Contact: Barbara Strickland) 51,000

- 10.14.25 – Insert, Side 1 (Mammo Myths); Insert Side 2 (Cancer Screenings)

Lifetimes Newsletter (Mailed Quarterly to North Brevard Zip Codes) Fall Issue

- Note: Next Mailing Distributed in November (Fall Issue)

Titusville Playhouse Playbill (Based on number of monthly performances) 2,000

- 10.2025 – Young Frankenstein (Oct. 3 – Oct. 13)

Broadcast and Digital Ad Impressions	1,245,934
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WFTV.com

- Impressions: 673,989
- Clicks: 1,670
- CTR: 0.27%

WFTV-OTT (Over the Top)

- Impressions: 29,070
- Video Completes: 28,800
- Video Completion Rate: 99.07%

WFTV (Streaming)

- Impressions: 122,978
- Video Completes: 119,988
- Video Completion Rate: 97.58%

Cumulus DNA Digital Ads and Radio Spots:

- *Digital Impressions: 96,329; Clicks: 76; CTR: .08*
- *WHKR 102.7FM – HitKicker Reach: 61,200; Radio: 76 Monthly (15 second spots)*
- *WA1A 107.1FM – A1A Contemporary Pop: Reach: 86,800; 76 Monthly (15 second spots)*
- *WA1A 107.1FM – Parrish Healthcare’s “Thrive in 25” Healthy Living Radio Ads Reach: 75,600; 60 Monthly (60 second spots)*

Spectrum Reach (Streaming and TV)

- Impressions: 99,968
- Video Completes: 98,528
- Video Completion Rate: 98.56%

Social Media Channels**187,575****Facebook:**

- **Parrish Healthcare:** Reach – 164,405; Followers – 8,039
- **The Children’s Center:** Reach – 674; Followers – 142
- **Parrish Health & Wellness:** Reach – 713; Followers – 160

Instagram: Reach – 12,088; Followers - 734**X (Twitter):** Followers – 252**LinkedIn:** Followers – 4,210; Impressions – 8,987**YouTube:**

- Total Views: 708
- Total Subscribers: 495
- New Subscribers: 3

Top 5 YouTube Videos (Total Video Views in October – 708):

- Healthy Bones and Joints – Parrish Medical Center: **121**
- Daily Two Segment Featuring Dr. Mark Swierzewski: **77**
- Daily Two Segment Featuring Dr. Gabriel: **48**
- Daily Two Segment Featuring Dr. Cassandra Fernandez: **36**
- Alzheimer’s SOS: Vascular Dementia: **32**

TV Impressions**2,460,600**

Station	Spots	Impressions
WFTV	74	1,997,400
WRDQ	102	463,200
Spectrum News 13	489	See Note Below
Total	665	2,460,600

Spectrum News 13 does not report impressions because of the magnitude of linear TV impressions they receive (i.e., televisions in businesses/commercial spaces, corporate offices, schools, etc.)

Commercials Aired:

Service Line	Title	ISCI	Impressions (000) A18+
Oncology	Oncology :15	PHCONC2215	106.4
Oncology	Oncology :05	PHCONC005	69
Oncology	Oncology :10	PHCONC010	508.40
Oncology	Oncology :15	PHCONC015	266.6
Oncology	Oncology :30	PHCONC030	883.5
Pastor	Pastor :60	PHCPASTOR60	11.6
Pastor	Pastor :120	PHCPASTOR120	49.6
Robotics	Robotics :60	PHCVELYSJAMIE60	20.8
Robotics	Robotics :120	PHCVELYSJAMIE120	4.8
WHEEL SPONSORSHIP			218.9
SQUEEZEBACK			321
Grand Total			2,460.6

Outdoor Advertising/Billboard/Bus Impressions	1,819,395
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Billboards (Lamar – Contact: Jennifer Rzepiejewski, Clear Channel – Contact: Joe Schmitt):

Lamar – 4 Billboards (Messages & Locations) 457,204

- **3666:** US1/Washington Ave. 1 MI N/O Garden St NB; (*Where New Beginnings Are Born - Women's Health, Maternity*)
- **3406:** US1 @ Blacks Rd. N/B; (*Your Heart Deserves the Best – Cardiology*)
- **1360:** US1-E/S N/O SR 528 S/B; (*Your Heart Deserves the Best – Cardiology*)
- **3667:** Washington Ave 1 MI n/o Garden St S/B; (*Where New Beginnings Are Born - Women's Health, Maternity*)

Clear Channel – 17 Billboards (Message & Location) 1,362,191

- **5839:** US 1 WS 3.2mi N/O SR 528 F/N – 1, Cocoa; 81,829 (*Open Interviews*)
- **5584:** Grissom Pkwy NS 1mi W/O Industry Rd F/W - 2, Cocoa; 47,988 (*Emergency? We're Ready*)
- **5514:** US 1 ES 1.5mi N/O SR 528 F/S – 2; 107,258 988 (*Emergency? We're Ready*)
- **5333:** US 1 WS 1.3mi N/O SR 406 Garden St F/N – 2; 96,930 (*Fast, Expert. Emergency Care.*)
- **5332:** US 1 WS 1.3mi N/O SR 406 Garden St F/S – 1; 75,254 (*Focused on the Future of Patient Care*)
- **5331:** US 1 WS 1.5mi N/O SR 406 Garden St F/S – 1; 75,506 (*Emergency? We're Ready*)
- **5330:** US 1 WS 1.5mi N/O SR 406 Garden St F/N – 2; 92,942 (*Your Heart Deserves the Best*)
- **5329:** US 1 WS 0.2mi S/O SR 50 F/S – 1; 77,766 (*Focused on the Future of Patient Care*)
- **5306:** US 1 WS 0.7mi N/O SR 528 F/N – 2; 108.105 (*Get Back to What Moves You*)
- **5006:** US 1 ES 2.7mi N/O SR 528 F/S – 2; 97,000 (*Fast, Expert. Emergency Care.*)
- **3321:** US 1 WS 3.3mi N/O SR 528 F/S – 1; 76,697 (*Robotic-Assisted Surgery*)

- **1904:** SR 405 SS 0.5mi W/O SR 407 F/W – 1; 76,193 (*Emergency? We're Ready*)
- **1903:** SR 405 SS 0.5mi W/O SR 407 F/E – 2; 63,925 (*Fast, Expert. Emergency Care.*)
- **1538:** US 1 WS 2.3mi S/O SR 405 F/N – 2; 84,413 (*Get Back to What Moves You*)
- **1537:** US 1 WS 2.3mi S/O SR 405 F/S – 1; 77,547 (*Emergency? We're Ready*)
- **1155:** US 1 WS 1.4mi S/O SR 405 F/S – 2; 65,656 (*Your Heart Deserves the Best*)
- **1034:** US 1 WS 1.4mi S/O SR 405 F/S – 1; 57,181 (*Fast. Expert. Emergency Care.*)

Bus Wraps (Clear Channel – Contact: Joe Schmitt)

**Not audited by Geopath for metrics and no estimate at this time when data will be available.*

- Bus 1 (MEL0012222)
- Bus 2 (1086572-MEL)

Brevard County Public Schools Van Wrap (Contact: Yvette Cruz)

**Not audited by Geopath for metrics and no estimate at this time when data will be available.*

- 3-Year Commitment (Aug. 1, 2025 – July 31, 2028). Van wrap will be prominently displayed on vehicles used by North Brevard high schools — Astronaut, Space Coast, and Titusville. These vans serve as transportation for athletic teams and student extracurricular groups, traveling thousands of miles annually throughout Brevard County and across Florida for regional and state competitions.

Summary of Total Impressions	6,561,888
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News Releases Issued by Parrish	101,450
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- 10.03.25 – Happenings (Parrish Healthcare Leads North Brevard Community Health Needs Assessment); (Parrish Healthcare Open Interviews) ****5,500**
- 10.05.25 – Hometown News (Parrish Healthcare Honors Volunteers with Appreciation Luncheon ****14,725**
- 10.10.25 – Happenings (Parrish Healthcare Honors volunteers with Appreciation Luncheon at The Great Outdoors); (Parrish Healthcare Open Interviews) ****5,500**
- 10.13.25 – Florida Today (Mental Health Matters: Where to Go for Healing and Support) ****50,000**
- 10.24.25 – Happenings (Parrish Healthcare Expands Access to Care with Same-Day and Next-Day Primary Care Appointments); (Parrish Healthcare Open Interviews) ****5,500**
- 10.27.25 – Hometown News (Parrish Healthcare Cancer Boutique Open) ****14,725**
- 10.31.25 – Happenings (Lab services at Parrish Health and Wellness Center Moves to New Location on October 29) ****5,500**

****Editions not included under Print Advertising/Impression section**

News Releases Issued by Others	110,000
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- 10.07.25 – Space Coast Daily (Applications Open for Volunteer Appointments to North Brevard County Hospital District Board) ****60,000**
- 10.27.25 – Florida Today (Sleepless on the Space Coast and How Nighttime Worries Should Become a Wake-Up Call) ****50,000**

Creative Examples

PRINT ADS




Advanced Robotic Surgery Right here, close to home.

Minimally invasive, robotic-assisted surgery

What is the da Vinci[®] X[®] 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.

As a leader in the field, we look forward to continuing to provide minimally invasive surgical options to our community.

Visit parrishhealthcare.com/roboticsurgery

The da Vinci[®] X[®] Surgical System can be used for the following procedures:

Colorectal

- Colon resection
- Rectal resection

General Surgery

- Hernia repair
- Gallbladder surgery

Gynecology

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

Urology

- Kidney surgery
- Prostate surgery

PARRISH HEALTHCARE | **Cleveland Clinic Connected**
Healing Families—Healing Communities[®]

COMMUNITY SUPPORT GROUP SCHEDULE

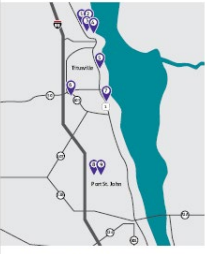
<p>A.W.A.K.E. Sleep Support Group Meets the second Monday monthly, 6-7:30 PM Parrish Healthcare Center, Mainstage Conference Room 5005 Port St. John Parkway, Port St. John Contact our Sleep Center team at 321-268-6408</p> <p>Cancer and Survivor Support Group Meets the third Wednesday monthly, 4-5:30 PM Parrish Healthcare Center, North Titusville, Conference Room 490 North Washington Avenue, Titusville Contact Shannon Luker at 321-268-6111, ext. 3544</p> <p>Caring for Caregivers Support Group Meets the second and fourth Thursday monthly, 9:30-11:30 AM Heritage Hall, 931 North Washington Avenue, Titusville Contact Janet Rooks at 321-268-6800</p> <p>Decoding Diabetes Class Meets the fourth Monday monthly, 2:30-4:30 PM Heritage Hall, Parrish Health Village 931 North Washington Avenue, Titusville Contact Casey Hodglin at 321-268-6111, ext. 7668</p> <p>Early Steps Community Play Date Meets the fourth Wednesday monthly, 9-10:30 AM The Children's Center, 5650 South Washington Avenue, Titusville Contact Mary Conzel at 321-292-1370</p> <p>Fearless Café Presented by St. Francis Reflector Life Stage 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</p>	<p>Kidney Smart Class Meets the last Thursday monthly, 2-3:30 PM Heritage Hall, Parrish Health Village 931 North Washington Avenue, Titusville Contact Jackie Torres at 321-385-1245</p> <p>Mom's Support Group Meets Mondays, 10-11 AM The Children's Center, 5650 South Washington Avenue, Titusville Contact Heidi Hilde at melinda.hodge@parrishward.com</p> <p>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 Franklin 321-345-1031 or BrowardParkinsons.org parrishhealthcare.com/parkinsonssupport</p> <p>Stroke and Heart 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</p> <p>Tools to Quit Smoking Now Meets the last Tuesday monthly, 5:30-7:30 PM Parrish Medical Center, Conference Room 6 951 North Washington Avenue, Titusville Facilitated by Jennifer Holowitz, Tobacco Free Florida 407-889-2292, ext. 102</p>
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Visit parrishhealthcare.com/events for information and to register

PARRISH HEALTHCARE | **Cleveland Clinic Connected**
Healing Families—Healing Communities[®]

A Great Place for Health Care

Find a Location Near You



Visit parrishhealthcare.com/locations

Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32795
321-268-6111

Parrish Wound Healing Center
951 N. Washington Ave.
Titusville, FL 32795
321-268-6795

Senior Collaboration Center
A service of Parrish Healthcare
855 Century Medical Dr.
Titusville, FL 32795
321-385-9195

Parrish Medical Group
Cardiology
815 Century Medical Dr.
Titusville, FL 32795
321-635-8660

Parrish Healthcare Center at West Landing
250 Harrison St.
Titusville, FL 32780
321-268-6868

Parrish Health and Wellness Center
3065 Columbia Blvd.
C-104
Titusville, FL 32780
321-268-6200

The Children's Center
A service of Parrish Healthcare
5650 S. Washington Ave.
Titusville, FL 32780
321-268-0855

Parrish Sleep Center
at Port St. John
5005 Port St. John Pkwy
Port St. John, FL 32927
321-268-6408

Parrish Healthcare Center at Port St. John
5005 Port St. John Pkwy
Port St. John, FL 32927
321-268-6868

PARRISH HEALTHCARE | **Cleveland Clinic Connected**
Healing Families—Healing Communities[®]

Parrish Healthcare Center at Port St. John Your Community Healthcare Center

Your Health, Our Mission

Parrish Healthcare Center at Port St. John is proud to serve all of your health care needs. Here you will experience convenient access to superior outpatient services, multi-specialty physicians, diagnostic imaging services and more within a one-of-a-kind LEED certified "green" healing environment.

5005 Port St. John Parkway, Port St. John, FL 32927
Located just east of I-95 (Exit 288) on Port St. John Parkway

This location offers the following services and more:

- Urgent Care Center
- Community Conference Center
- Laboratory Services
- Parrish Medical Group Physicians
 - Cardiovascular
 - Endocrinology
 - Occupational Health
 - Orthopedics & Sports Medicine
 - Pain Management
 - Podiatry
 - Primary Care
- Parrish Sleep Disorders Center
- Diagnostic Imaging Services
 - Abdominal Ultrasound
 - Bone Density DEXA
 - Computed Tomography (CT)
 - Echocardiography
 - Echocardiography
 - Magnetic Resonance Imaging (MRI)
 - Neurology
 - Ultrasound
- Rehabilitation Services
 - Occupational Therapy
 - Physical Therapy
 - Speech Therapy

Visit parrishhealthcare.com or call 321-268-6868 to learn more

PARRISH HEALTHCARE | **Cleveland Clinic Connected**
Healing Families—Healing Communities[®]

Now Open! PARRISH HEALTHCARE CENTER | NORTH TITUSVILLE

MORE ROOM TO CARE, MORE WAYS TO HELP


Parrish Healthcare Center, North Titusville is designed to provide even greater access to the quality care you know and trust. Totaling 24,586 square feet, the center offers comprehensive cancer care and more. Right here, close to home.

- Oncology: Cancer Care, Radiation, Infusion Services and Cancer Boutique
- General Surgery
- Hematology
- Infusion Services
- Laboratory Services: Fully accredited by the College of American Pathologists, we offer blood, drug, glucose and urine tests, lipids panels, sickle cell screenings, blood bank services and more.
- Medical Offices

490 North Washington Avenue
Titusville, FL 32796

Visit parrishhealthcare.com/northtitusville
or call 321-268-6868



 Cleveland Clinic Connected

Healing Families—Healing Communities®

FOCUSED ON THE FUTURE OF PATIENT CARE

As an ACS surgical quality partner, this is our commitment to you:
the highest levels of surgical care, constant evaluation of the care
we give and a relentless approach to self-improvement.




PARRISH MEDICAL CENTER
PARRISH HEALTHCARE

ACS AMERICAN COLLEGE
OF SURGEONS

This hospital is an ACS Surgical Quality Partner by participating in select ACS Quality Programs.



Where Hope Meets Healing

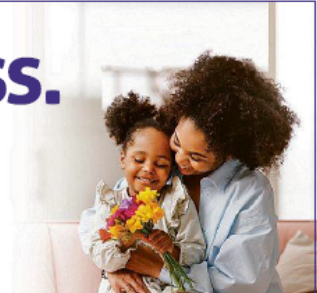
At Parrish Healthcare, we combine hope with a focus on patient-centered care, advanced clinical expertise and exceptional medical professionals. We bring hope, healing and complete care to our patients in the Brevard community and surrounding regions.

parrishhealthcare.com/oncology



Lifelong Wellness. We're With You.

parrishhealthcare.com/womenshealth



Cancer Risks & Screenings

Before deciding to be screened, talk with a healthcare professional about the purpose of the screening, procedure, benefits, limitations and possible risks involved.

Breast Cancer Screening: Know Your Risk

The American Cancer Society recommends that women undergo regular screening mammography for the early detection of breast cancer, and has screening guidelines for those at average and high risk.

- **Women at high risk for breast cancer can begin screening earlier than age 40.**
- **Women ages 40 to 44** at average risk have the option to start screening with a mammogram (x-rays of the breast) every year.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to mammograms every 2 years, or they can choose to continue yearly screening.
- **Screening should continue** as long as a woman is in good health and is expected to live at least 10 more years.
- **All women** should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.



Remember that regular screenings are essential. They play a vital role in increasing the likelihood of early detection of certain cancers, preventing them from growing and spreading.

Take Control of Your Health and Help Reduce Your Cancer Risk

- Stay away from all forms of tobacco
- Get to and stay at a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- It is best not to drink alcohol. If you do drink, have no more than 1 drink per day for women or 2 per day for men
- Protect your skin
- Know yourself, your family history, and your risks
- Get regular check-ups and cancer screening tests

Early detection saves lives—schedule your screening today! Call 321-268-6150



BATTLING THE MYTHS OF Mammography

It's expensive, it can be painful, and a few other misconceptions we wish to explore.



HAVE QUESTIONS ABOUT BREAST CONDITIONS, EXAMINATIONS AND TESTS?

Shannon Luker, RN, BSN, Parrish Healthcare Oncology Navigator, is here to help.

Contact Shannon at 321-268-6111, ext. 3544.

Myth 1: Insurance won't cover it, or I won't be able to afford the co-pay/deductible.

"Mammography is usually covered under most health plans, including Medicare, once a woman reaches an age determined by the insurer," says Shannon Luker, RN, BSN, Parrish Healthcare Oncology Navigator.

If you have Medicare and are age 65 or older, Medicare pays for most of the cost of a screening mammogram every 12 months.

Myth 2: The test is too painful.

Yes, the test can be a bit uncomfortable, but most women don't consider it painful.

Compression helps hold the breast still, evens out the breast tissue and allows lower doses of X-ray to be used. If you feel pain, speak up. The technologist may be able to lower the compression and relieve some of the pressure on your breast. And remember that any discomfort is brief; the actual X-ray takes less than a minute.

Myth 3: I just don't have time.

From start to finish, the three-dimensional (3D) mammogram offered at Parrish Healthcare takes 30 to 45 minutes. State of the art technology, such as this, makes it easier for providers to diagnose certain types of breast abnormalities, especially in women with dense breasts. The result? Early detection and better outcomes reduce the number of deaths from breast cancer for women ages 40 to 69, especially those older than 50.

Myth 4: Breast cancer only affects older women.

Breast cancer can occur at any age. Additional factors that may raise your risk include obesity, heavy alcohol consumption and a sedentary lifestyle.



Schedule your mammogram today!
Call 321-268-6150



Parrish Healthcare Center at Port St. John Your Community Healthcare Center Your Health, Our Mission

Parrish Healthcare Center at Port St. John is proud to serve all of your health care needs. Here you will experience convenient access to superior outpatient services, multi-specialty physicians, diagnostic imaging services and more within a one-of-a-kind LEED certified "green" healing environment.

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Located just east of I-95 (Exit 208)
on Port St. John Parkway



This location offers the following Services and more:

- Urgent Care Center
- Community Conference Center
- Laboratory Services
- Parrish Medical Group Physicians
 - > Cardiovascular
 - > Endocrinology
 - > Occupational Health
 - > Orthopedics & Sports Medicine
 - > Pain Management
 - > Podiatry
 - > Primary Care
- Parrish Sleep Disorders Center
- Diagnostic Imaging Services
 - > Bone Density DEXA
 - > Computed Tomography (CT)
 - > Echocardiogram, X-Ray
 - > Magnetic Resonance Imaging (MRI)
 - > Mammography
 - > Ultrasound
- Rehabilitation Services
 - > Occupational Therapy
 - > Physical Therapy
 - > Speech Therapy

Visit parrishhealthcare.com or call 321-268-6868 to learn more



Gift of Light

THURSDAY,
DECEMBER 4TH
5-7:30 PM

HONOR A LOVED ONE

Start the season with holiday entertainment, a spectacular tree lighting and dazzling fireworks!

Join Parrish Medical Center for our FREE annual holiday community celebration! Honor a loved one by placing a light on our holiday tree.

- ★ Hot Chocolate and Baked Goods
 - ★ Face Painting
- ★ Kid-Friendly Holiday Crafts
- ★ Musical Entertainment and Dance Performances
- ★ Photos with Santa and Mrs. Claus
 - ★ Food Trucks (Open at 4:30 PM)

For more information visit parrishhealthcare.com/giftoflight



Presenting Sponsor
Josh & Laura Norris

All proceeds benefit
Joni Parrish Medical Foundation



Honor a loved one by placing a light on our 50-foot holiday tree! To purchase a light, visit parrishmedfoundation.com/donate or please call 321-269-4066

DIGITAL ADS

*Schedule your mammogram today!
Call 321-268-6150*



*Detecting and treating breast cancer at its earliest stage saves lives.
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BILLBOARDS



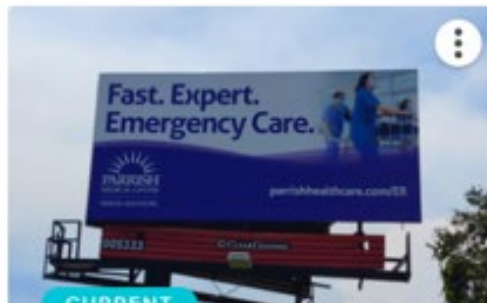
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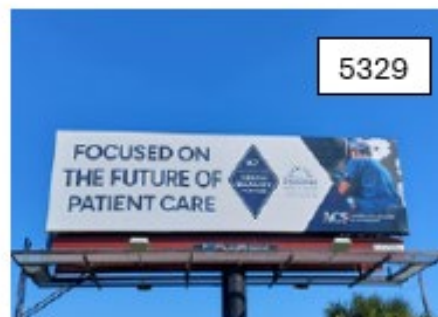
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