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Spring

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U.S. News & World Report Names Parrish Medical Center Among 2026 Best Hospitals for Maternity Care



Welcome to the world, baby Amelia! Congrats to parents Miriam and Matthew.

Parrish Medical Center earned a High Performing designation in recognition of maternity care as measured by factors such as C-section rates in lower-risk pregnancies, severe unexpected newborn complication rates, exclusive breast milk feeding rates, and birthing-friendly practices, among other measures.

"Earning this recognition from U.S. News & World Report confirms the exceptional skill and dedication to maternal care quality and patient experiences delivered through the hands and hearts of our care teams," said George Mikitarian, President and CEO of Parrish Healthcare.

"Hospitals designated as a U.S. News Best Hospital for Maternity Care are national leaders. This recognition means they are consistently hitting crucial patient safety benchmarks compared to other hospitals," said Jennifer Winston, Ph.D., health data scientist at U.S. News. "It's a clear signal to expectant parents about where the highest standards of care are being practiced—when parents see this designation, they can be assured they are choosing a hospital dedicated to exceptional, evidence-based maternity care."

To preview all recent awards and accolades, please visit parrishhealthcare.com/awards

PARRISH HEALTHCARE CARDIOVASCULAR

PUT YOUR HEART IN THE BEST HANDS

Whether you need routine checkups, diagnostic testing or specialized treatment, Parrish Healthcare's experienced team of cardiologists offer personalized treatment plans and compassionate care to keep your heart healthy!

Visit parrishhealthcare.com/cardiovascular



The Joint Commission



American Heart Association
American Stroke Association

CERTIFICATION
Meets standards for
Primary Stroke Center



Cleveland Clinic Connected

Healing Experiences for Everyone All the Time®

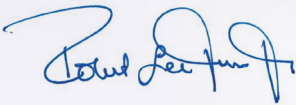
Chairman of the Board

Greetings from the

As Chairman of the Board, I am proud to share that Parrish Healthcare continues to elevate the standard of care for our community. For a second consecutive year, Parrish Medical Center was named both a 2026 High Performing Hospital for Maternity Care and a 2026 Maternity Care Access Hospital by U.S. News & World Report—the global authority in hospital rankings and consumer advice. From welcoming new life with nationally recognized maternity services to advancing cardiac care through our 100th Pulsed Field Ablation procedure, completing our 200th robotic-assisted total knee replacement and becoming the first hospital in Brevard County to implant a revolutionary dissolvable stent for below-the-knee arterial disease, Parrish Healthcare remains at the forefront of innovation, safety and patient-centered excellence.

Equally important is our commitment to this community beyond the walls of our health care facilities. Through new partnerships like our collaboration with the YMCA of Central Florida, expanded community support groups,

award-winning home health services and the reopening of our Cancer Boutique, we continue to invest in the health and wellbeing of every neighbor we serve! Guided by our mission of *Healing Experiences for Everyone All the Time®*, and steadfast in our promise of zero tax support for 30 consecutive years, we remain deeply grateful for your trust and are honored to serve North Brevard with compassion, innovation and excellence.



Robert L. Jordan, Jr.

Robert L. Jordan Jr., Chairman of the Board



Parrish Medical Center Celebrates 100th Pulsed Field Ablation Procedure Cementing Our Role as Brevard County’s Leader in Advanced AFib Treatment



Parrish Medical Center proudly announces the successful completion of its 100th Pulsed Field Ablation (PFA) procedure, marking a major milestone in cardiac care for Brevard County. In March, Parrish Medical Center announced it was the first hospital in the county to introduce PFA, an innovative, non-thermal ablation technology that is transforming the treatment of atrial fibrillation (AFib).

The procedures have been performed by Ajit Janardhan, MD, PhD, a board-certified cardiologist and cardiac electrophysiologist widely recognized

for his expertise in heart rhythm disorders. Dr. Janardhan joined Parrish Medical Center in 2022. Pulsed Field Ablation uses controlled high-voltage electrical pulses to precisely target and disable the abnormal heart tissue responsible for AFib. Unlike traditional thermal ablation methods, PFA significantly reduces the risk of damage to surrounding tissues, making it a safer, faster and more effective option for many patients living with AFib—one of the most common heart rhythm disorders in the United States.

Dr. Janardhan performs these advanced treatments inside Parrish Medical Center’s state-of-the-art Cardiac Electrophysiology Laboratory, which has rapidly become a regional destination for cutting-edge cardiac care.

“Reaching our 100th PFA procedure underscores just how impactful this technology has been for our patients,” said Dr. Janardhan. “Pulsed Field Ablation represents a transformative leap forward in how we treat atrial fibrillation. Its precision and safety profile are truly game-changing, and I am honored to offer this innovative treatment to patients across Brevard County.”

“We are incredibly proud to celebrate this milestone,” said George Mikitarian, President and CEO of Parrish Healthcare. “Dr. Janardhan’s expertise, combined with our dedicated care teams and innovative facility, demonstrates our unwavering commitment to providing world-class, patient-centered care to our community.”

To learn more about cardiovascular services offered at Parrish Healthcare, visit parrishhealthcare.com/cardiovascular or call 321-268-6868



Ajit Janardhan,
MD, PhD

Parrish Medical Center Opens Retail Pharmacy

In partnership with PharmD on Demand, Parrish Medical Center opens a new, retail pharmacy, expanding convenient access to prescription services for the North Brevard community.

Located inside Parrish Medical Center at 951 North Washington Avenue in Titusville, the pharmacy offers patients and community members another option for filling prescriptions in a trusted health care setting. The pharmacy also offers a drive-up parking option, making prescription pickup quick and easy. The hours of operation are Monday through Friday 9 AM-9 PM and Saturdays from 9 AM-1 PM.



To learn more, including accepted insurance plans, visit parrishhealthcare.com/pharmacy or call 321-268-6301

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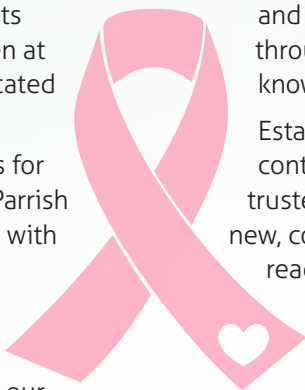
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Cancer Boutique Relocates to Parrish Healthcare Center North Titusville Providing Enhanced Resources for Cancer Patients

Parrish Healthcare is proud to announce that its newly relocated Cancer Boutique is now open at Parrish Healthcare Center in North Titusville, located at 490 North Washington Avenue in Titusville.

Offering complimentary, personalized resources for patients actively undergoing cancer treatment, Parrish Healthcare’s Cancer Boutique provides patients with access to wigs, prostheses, mastectomy bras, head wear, and other specialized items, all offered in a warm and supportive setting.

“We are honored to welcome the community to our Cancer Boutique’s new location,” said Shannon Luker, Parrish Healthcare’s Breast Health Navigator and Oncology Program Coordinator. “The boutique represents our ongoing commitment to uplifting cancer patients and survivors with care, compassion,



and hope. We want everyone who walks through our doors to feel empowered and know they are not alone.”

Established in 2011, the Cancer Boutique continues its tradition of serving as a trusted resource for patients, now in its new, conveniently located space—open and ready to support the community.

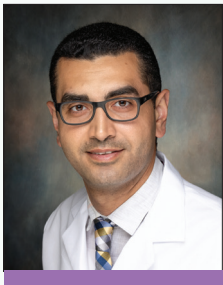
By addressing both the physical and emotional needs of patients, the Cancer Boutique empowers individuals to feel more confident and supported throughout their cancer journey.

For information about the Cancer Boutique and available resources, visit parrishhealthcare.com/oncology or call 321-268-6111 ext. 3544

Parrish Medical Center is Brevard County’s First Hospital to Implant Dissolvable Stent to Treat Serious Below-the-Knee Arterial Blockages

Parrish Medical Center is Brevard County’s first hospital to implant a first-of-its-kind dissolvable, drug-eluting stent to treat patients with severe below-the-knee arterial disease.

Parrish Healthcare interventional cardiologist Mahmoud Barbarawi, MD, performed this catheter-based procedure using the Esprit™ BTK Everolimus-Eluting Resorbable Scaffold System, a stent specifically engineered to treat chronic limb-threatening ischemia—the most severe form of peripheral arterial disease (PAD).



Mahmoud Barbarawi, MD

“This advanced, bioresorbable stent is designed to maintain patency in below-the-knee arteries and deliver everolimus to support vessel healing and reduce restenosis before it dissolves,” said Dr. Barbarawi. “Treating below-the-knee peripheral arterial disease presents unique challenges, including a high risk of reintervention within 12 months.”

Dr. Barbarawi noted that the Esprit™ BTK system is currently the first device of its kind and may pave the way for additional treatment options. “The dissolvable stent represents a major milestone in the management of complex below-the-knee PAD,” he said. “As a physician, I take great satisfaction in knowing that Parrish Healthcare is employing cutting-edge technologies to enhance patient care and safety.”



Peripheral artery disease affects approximately 20 million people in the United States. Of those, more than 10% develop critical limb ischemia which has a profound impact on both quality of life and life expectancy, with a prognosis that is worse than that of many cancers.

Dr. Barbarawi is a graduate of the University of Connecticut and has authored more than 100 scientific publications, including work focused on peripheral arterial disease. He is an interventional and endovascular cardiologist with Parrish Medical Group.

For more information about peripheral arterial disease or Parrish Healthcare’s cardiovascular program, visit parrishhealthcare.com/cardiovascular or call 321-268-6868

Healing Experiences

A Life-Changing Delivery

From the moment I found out I was pregnant I was surrounded by the most amazing support system at Parrish Medical Center. Dr. Manuel Navas’ positive affirmations, encouragement and unwavering support through every decision kept me strong during labor; Jodi Lowe transformed what could have been the scariest day of my life into one of the most unforgettable; and Heather Focht, cared for our sweet girl from the very first moment—offering endless support during those precious first hours. Each member of my OB team deserves recognition for the exceptional care I received. —Hailey B.

Exceptional Care with a Personal Touch

Dr. Gabriel is an exceptional physician! He is thorough, caring and truly personable. He takes the time to listen, fully engages with his patients and never makes you feel rushed. I was especially impressed when he personally called me on a Saturday to follow up and provide additional information, something you rarely see these days. I highly recommend Dr. Gabriel to anyone looking for a compassionate and dedicated doctor. —Michelle M.

Incredible Care When It Mattered Most

I want to extend my heartfelt thanks to the entire Parrish Emergency Room team for the exceptional care I received. From the moment I arrived, I was taken in immediately and given thorough testing that quickly identified and addressed my issue. Despite the severe pain I was in, pain relief was administered right away, and the staff continued to check on me frequently, ensuring I never felt alone or overlooked. Every person I encountered was professional, compassionate, and truly outstanding. I couldn’t have asked for better care. Thank you all for everything you do. —Jeanelle J.

Watch patient testimonial videos and explore more real stories at parrishhealthcare.com/experiences

200th Robotic-Assisted Total Knee Replacement Surgery Performed

Parrish Healthcare’s orthopedic surgery team led by Matthew Musto, DO, performed their 200th robotic-assisted total knee replacement procedure at Parrish Medical Center.



Parrish Healthcare was the first in Brevard County to use the VELYS™ Robotic-Assisted technology designed to enhance digital precision and accuracy in total knee replacement surgery. The VELYS™ Robotic-Assisted Solution supports surgeons with real-time, patient-specific data tailored to each individual patient’s anatomy, helping ensure predictable results and a more personalized surgical experience.



Matthew Musto, DO

“Robotic technology is a powerful tool that allows surgeons to have improved precision and adjust in half-of-a-millimeter increments,” said Parrish Healthcare Medical Director of Total Joint Replacement Dr. Musto. “This also allows us to personalize a surgical plan for each of our patients without the need for expensive, time-consuming advanced imaging prior to surgery.”

“Completing 200 procedures is an extraordinary accomplishment,” said George Mikitarian, President and CEO of Parrish Healthcare. “This milestone speaks to years of dedication, precision and trust our team has earned from patients and colleagues alike.”

To learn more about Parrish Healthcare Orthopedics visit parrishhealthcare.com/orthopedics or schedule an appointment by calling 321-268-6868

Parrish Health & Fitness Center Operated by the YMCA of Central Florida Now Open

Parrish Healthcare and the YMCA of Central Florida announce the reopening of Parrish Health & Fitness Center at 2210 Cheney Highway.

The YMCA of Central Florida manages daily fitness and wellness operations, while Parrish Healthcare maintains an on-site clinical presence.

“This center expands access to the Y’s programs and strengthens our shared mission of improving health and well-being across Brevard County,” said Kevin Bolding, President and CEO of the YMCA of Central Florida.

The location features modern fitness equipment, personal training, group exercise classes and additional wellness programs. Hours of operation are 5AM-8PM Monday through Thursday, 5AM-5PM on Friday, 8AM-2PM on Saturday and closed on Sunday.

Group exercise class offerings include yoga, pilates, SilverSneakers, Zumba and more. These services complement Parrish Healthcare’s existing rehabilitation and laboratory services located within the same facility.

YMCA memberships provide access to both this center and the Titusville YMCA, expanding opportunities for members to engage in fitness and wellness programs across multiple locations.

Please visit ymcafc.org for information on membership options and pricing



Exclusive New Member Offer: Present this mailer to have your membership sign-up fee waived—a \$45 value—and receive a free YMCA-branded towel! Limited time only, offer expires June 30, 2026.

Parrish Medical Center Board of Directors Vote No Taxes for the 30th Consecutive Year

Since 1995, no taxes have been assessed to support operations of the North Brevard County Hospital District d/b/a Parrish Medical Center. The Parrish Medical Center Board of Directors voted unanimously during a public hearing.

Parrish Medical Center is an independent, public, not-for-profit hospital. State law grants the North Brevard Hospital District (d/b/a Parrish Medical Center) the authority to levy a tax rate to fund hospital operations. However, unlike most public hospitals, the Parrish Medical Center Board of Directors has, for more than three decades, voted not to use tax dollars as a means of funding the hospital.

“Parrish Medical Center takes pride in being recognized as one of the nation’s finest healing environments and remains committed to delivering exceptional health care services without relying on taxpayer funding,” said Robert Jordan, Chairman of Parrish Medical Center’s Board of Directors. “For 30 years, we have proudly upheld this position on behalf of the community we serve, while investing tens of millions of dollars annually back into North Brevard through jobs, services and philanthropic support.”

“By not taxing, the Board of Directors has saved the citizens of North Brevard tens of millions of dollars collectively over those 30 years,” said Jordan.

“We are deeply grateful for the ongoing trust and support of our community,” Jordan added. “Just as our community continues to stand with Parrish Medical Center, we will continue to stand with the people and families of North Brevard, providing the care and compassion they deserve.”

For additional information, please visit parrishhealthcare.com/news



Jess Parrish Medical Foundation Celebrates the Ribbon Cutting at Healthcare Hero Park

Jess Parrish Medical Foundation celebrated the official ribbon cutting of Healthcare Hero Park, marking the dedication of a new tribute garden honoring the extraordinary individuals who make healing possible.

Designed as a serene setting for reflection, gratitude, and inspiration, the park invites patients, families, visitors, and community members to pause and recognize the compassion and commitment of health care professionals. The park stands as a living tribute of Parrish Healthcare’s mission, *Healing Experiences for Everyone All the Time®*.

Community leaders, including Mayor Andrew Connors, health care professionals, donors, and supporters gathered for the ceremony, which featured remarks highlighting the vision behind the park and the lasting impact it will have on future generations. The project was made possible through the contributions of Hulbert Homes, the Hursey/Fossum Family, and dedicated local partners committed to strengthening the future of health care in North Brevard.

“Healthcare heroes are the foundation of everything we do,” said Jess Parrish Medical Foundation Board Chair, Melissa Lugo. “Healthcare Hero Park stands as a lasting tribute to the compassion, expertise, and dedication that define our mission of *Healing Experiences for Everyone All the Time®*. It reflects our profound gratitude and steadfast commitment to those who deliver healing care to our community every day.”

Proceeds generated through Healthcare Hero Park will create a permanent endowment fund with Jess Parrish Medical Foundation to provide scholarships in perpetuity for individuals pursuing careers in medical and health care fields centered on human health.

For more information about Healthcare Hero Park or to honor a healthcare hero, please contact Jess Parrish Medical Foundation at 321-269-4066



Jess Parrish Medical Foundation Impact Report—Investing in Your Community

For more than 40 years, Jess Parrish Medical Foundation has promoted and inspired philanthropy to continually improve and expand upon health care services available to North Brevard citizens. In 2025, selfless and generous gifts to the Foundation helped to create lasting changes in the lives of those we serve, advancing our mission, *Healing Experiences for Everyone All the Time®* and our vision, *Healing Families—Healing Communities®*.

Visit parrishhealthcare.com/impact to learn more, or call Jess Parrish Medical Foundation at 321-269-4066

Open Interviews

EVERY TUESDAY 9 AM – 12 PM

Know someone who’d make a great Care Partner at Parrish Healthcare?

We’re hiring for multiple clinical and non-clinical roles. Visit Parrish Medical Center at 951 N. Washington Ave. in Titusville or visit parrishhealthcare.com/careers to learn more.

BE Valued AND Appreciated.



Be a Parrish Care Partner

COMMUNITY SUPPORT GROUP SCHEDULE

Parrish Healthcare offers a variety of support groups as a free service to the community

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 Support Team at 321-268-6408

Cancer and Survivor Support Group

Meets the third Wednesday monthly, 4-5:30 PM
Parrish Healthcare Center, North Titusville
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

Decoding Diabetes Class

For individuals with diabetes ages 18 and older.
Fourth Monday monthly, 2:30-4:30 PM
Heritage Hall, Parrish Health Village
931 North Washington Avenue, Titusville
Contact Josh Garson at 321-268-6111, ext. 6265

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 Hospice 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

Mom’s Support Group

A group for mothers with babies.
Meets Mondays, 10-11 AM
The Children’s Center
5650 South Washington Avenue, Titusville
Contact Heather at heather.focht@parrishmed.com

Stroke and Heart Failure Survivor 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 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 Wolowitz, Tobacco Free Florida
407-889-2292, ext. 102

Visit parrishhealthcare.com/supportgroups to learn more!



Cleveland Clinic Connected

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Healing Experiences for Everyone All the Time®