

INSIDE THIS ISSUE

Becker Hospital Review Names Parrish Medical Center a Top 100 Great Community Hospital

Chairman's Message

Parrish Healthcare and Health First Establish Stroke Network Partnership

Student Sports Physicals and Heart Screening Event on August 8

Parrish Healthcare First in Brevard County to Earn The Joint Commission's Core Certification for Hip and Knee Joint Replacement

Parrish Medical Center Earns National Stroke Care Recertification

ICU Nurse Embily Smith Named a DAISY Award® Honoree

Healing Experiences

Jess Parrish Medical Foundation News & Notes

Community Support Group Schedule

HELLO
Summer

Parrish Medical Center is Nationally Recognized as a Top 100 Great Community Hospital



BECKER'S
HOSPITAL REVIEW

Becker's Hospital Review Top 100 list recognizes exceptional care delivered close to home, in community hospitals that serve as trusted anchors for neighborhoods, towns and regions across America

Becker's Hospital Review has named Parrish Medical Center to its 2026 Top 100 Community Hospitals list, recognizing the organization's ongoing commitment to clinical excellence, patient safety, exceptional patient experiences, and access to high-quality healthcare.

According to Becker's Hospital Review, "The hospitals on this list prove that extraordinary care is not the exclusive domain of large academic medical centers or major metropolitan health systems. Working within real-world resource constraints, these community hospitals deliver expert clinical care, drive local innovation and serve as economic cornerstones for the regions they call home."

Becker's further noted that these hospitals demonstrate that "accessible, affordable care close to home isn't just an operational goal, but a promise to their neighbors."

The national recognition underscores Parrish Medical Center's dedication to advancing health and healing for the communities it serves while maintaining the highest standards of quality, safety, and compassionate care.

Note: The Becker's Hospital Review editorial team developed this list based on nominations and editorial research. Organizations cannot pay for inclusion on this list.

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

NON-PROFIT
US POSTAGE
PAID
ORLANDO, FL
PERMIT NO. 1058



LifeTimes

A Season of Care, A Lifetime of Health SUMMER 2026

PARRISH HEALTHCARE CARDIOVASCULAR

Moving Brevard Forward

Parrish Healthcare offers comprehensive orthopedic services—from injury recovery and sports medicine to robotic-assisted joint replacement. As the first provider in Brevard County to earn The Joint Commission's Core Certification for Hip and Knee Joint Replacement, we're committed to helping patients get back to the activities they love.

- Arthritis & Joint Pain Management
- Bone Health **NEW!**
- Foot & Ankle Care
- Fracture Care
- Hand & Upper Extremity Treatment **NEW!**
- Joint Replacement & Reconstruction
- Physical Therapy & Rehabilitation
- Robotic-Assisted Procedures
- Sports Medicine & Athletic Injuries

Visit parrishhealthcare.com/orthopedics



Cleveland Clinic Connected

Healing Experiences for Everyone All the Time®

Chairman of the Board

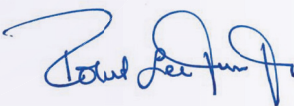
Greetings from the

As we reflect on the past several months, we are incredibly proud of the many accomplishments made possible by the dedication and compassion of our Parrish Healthcare Care Partners—the physicians, employees and volunteers who embody our mission, vision and values in all they do.

From being named one of Becker’s Hospital Review’s 2026 Top 100 Community Hospitals, to earning important certifications in life-saving stroke care and Orthopedics and Sports Medicine, these achievements affirm what our community already knows—that exceptional healthcare can be delivered close to home. More importantly, they represent the countless moments of healing and support our teams provide to patients and families every day.

What makes our Board of Directors especially proud is the many ways Parrish Healthcare continues to strengthen the health and well-being of this community. From establishing a Stroke Network Partnership with Health First to enhancing coordinated stroke care across Brevard County,

recognizing exceptional caregivers like this quarter’s DAISY Award honoree, Embily Smith, and investing in future healthcare professionals through medical scholarships, each effort reflects an unwavering commitment to North Brevard. These achievements represent far more than awards and milestones—they demonstrate dedication to caring for our neighbors, advancing community health and ensuring access to exceptional healthcare for generations to come.



Robert L. Jordan, Jr.



Parrish Healthcare and Health First Establish Stroke Network Partnership

Parrish Healthcare and Health First have joined forces to enhance stroke care and improve outcomes for local patients. In May, during National Stroke Awareness Month, Parrish Healthcare and Health First announced the formation of the Health First–Parrish Stroke Network, a collaborative effort designed to provide more coordinated, timely stroke treatment across the region.

“Together, we’re bringing our expertise, our teams, our shared purpose and commitment to build something stronger and more connected and more coordinated for our patients in our community, because when stroke occurs, there’s no margin for delay,” said Michael Mullooney, the president of Health First’s hospital division at an announcement event at Health First’s Holmes Regional Medical Center. *“Minutes matter, coordination matters, expertise matters. It could make the difference between recovery and life-long disability.”*

Mullooney elaborated on what the network will mean for patients moving forward. *“What this means in practice is that our teams are working more closely together than ever before,”* Mullooney said. *“We’re aligning care across our hospitals, strengthening coordination with EMS (emergency medical services) so care can begin the moment help arrives and enabling real-time communication with our care teams to support faster, more informed decisions for stroke care.”* Mullooney also noted that there are “clear pathways” to move patients that need “more advanced care and intervention.”

“Our stroke program has long included tele-stroke capabilities allowing for vast TPA administration when indicated, improving patient outcomes,” said Christopher Rajan, DO, the medical director of the emergency department at Parrish. *“Many will recover with little to no disability. However, as you’ve heard today, in the event the patient requires something more complex, such as a thrombectomy, we will now be able to seamlessly and timely transition care to our colleagues at Holmes Regional.”*

Parrish Healthcare President and CEO George Mikitarian said the network reflects a shared commitment to community health and demonstrates what can be accomplished when organizations work together.

“In addition to providing a seamless system to care for the people in our community, it represents potential and opportunity,” Mikitarian added. *“This should not, will not, and cannot be the only thing that Health First and Parrish can do on behalf of our community. This is an example of what entities can do together.”*



To learn more about Parrish Healthcare and Health First's Stroke Network Partnership visit parrishhealthcare.com/stroke

Board Members

- Robert L. Jordan, Jr., CM, Chairman
- Stanley Retz, CPA, Vice Chairman
- Herman A. Cole, Jr., Col., USAF (Ret.), Treasurer
- Elizabeth T. Galfo, MD, Secretary
- Dan Aton, Board Member
- Billie Fitzgerald, Board Member
- Melissa E. Lugo, Board Member
- Ashok C. Shah, MD, Board Member
- Billy Specht, Board Member

Editorial Team

- George Mikitarian, President/CEO
- Natalie Sellers, Sr. Vice President, Communications, Community & Corporate Services
- Samantha Decker, Director of Communications
- Jessica Manning, Sr. Communications Specialist
- Anna Pitstick, Communications Coordinator
- Christie Rimsky, Sr. Communications Specialist

Parrish Medical Group Offers Student Sports Physicals and Heart Screening Event on Saturday, August 8

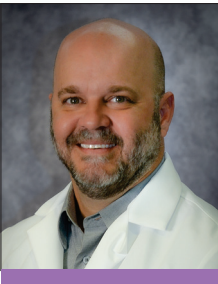
In partnership with Who We Play For (WWPF), Parrish Medical Group is hosting a pre-participation sports physical and heart screening event on Saturday, August 8 from 8:00AM to noon at Parrish Healthcare Center in Port St. John. Located at 5005 Port St. John Parkway, Suite 2100, this event will help ensure student-athletes are physically ready to safely participate in youth sports.

Sports physicals are \$10 per athlete, with proceeds supporting the Jess Parrish Medical Foundation and participating high schools. A parent or guardian must accompany student athletes to their physical, and students should wear a t-shirt and shorts to complete the exam.

WWPF will also offer on-site electrocardiograms (ECGs) for \$20 per athlete. Athletes interested in an ECG must register at whoweplayfor.org.

“Completing pre-participation sports physicals gives us the opportunity to ensure North Brevard student-athletes are physically ready to compete safely,” said Dr. Allotta, fellowship-trained in sports medicine. *“If a student has a condition that may prevent participation, we can identify it early and create a plan to address it proactively.”*

Visit parrishhealthcare.com/sportsmedicine to learn more about the event or contact Abigail Bleam at Abigail.Bleam@parrishmed.com



Anthony Allotta, DO

Parrish Healthcare First in Brevard County to Earn The Joint Commission's Core Certification for Hip and Knee Joint Replacement

Parrish Healthcare earns The Joint Commission's Gold Seal of Approval® and Core Certification for Joint Replacement (Hip) and Joint Replacement (Knee), recognizing the organization's commitment to delivering safe, high-quality, evidence-based orthopedic care for patients undergoing hip and knee replacement procedures. The Gold Seal is a nationally recognized symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care.



Matthew Musto, DO



In collaboration with the American Academy of Orthopedic Surgeons (AAOS), this certification recognizes health care organizations that provide clinical programs across the continuum of care for hip and knee replacement patients. Designed for hospitals and Ambulatory Surgical Centers (ASCs), the certification evaluates how organizations use clinical outcomes and performance measures to identify opportunities to improve care, as well as to educate and prepare patients and their caregivers for discharge.

"Certification for Joint Replacement recognizes health care organizations committed to striving for excellence and fostering continuous improvement in patient safety and quality of care," said Ken Grubbs, DNP, MBA, RN, Executive Vice President of Accreditation and Certification Operations and Chief Nursing Officer at The Joint Commission. *"We commend Parrish Healthcare for using The Joint Commission certification process to reduce variation in clinical processes and to strengthen its clinical program to drive safer, higher quality and more compassionate care for individuals served."*

Parrish Healthcare's Total Joint Replacement Program includes advanced surgical technology, individualized treatment plans, rehabilitation services and coordinated care designed to support patients before, during and after surgery.

"When patients undergo total joint replacement at Parrish Healthcare, our primary goal is to help them regain mobility, relieve pain and safely return to the activities they enjoy as quickly and effectively as possible," said Dr. Matthew Musto, board-certified orthopedic surgeon, Director of Total Joint Replacement and Chair of the Department of Surgery and Anesthesia at Parrish Healthcare. *"This recognition reflects the exceptional quality, seamless coordination and patient-centered care our team delivers every day."*

For information on Parrish Healthcare's Orthopedic and Sports Medicine services, please call (321) 268-6868 or visit parrishhealthcare.com/orthopedics

Healing Experiences

Individual Care, Lasting Impact

"I am always completely satisfied and grateful for Dr. Szoke's experience, knowledge, and insight in caring for me as a whole person. You will never find a more empathetic, caring, and understanding doctor." —Michelle M.

Exceptional Care with Compassion

"Dr. Cruz-Amy is an exceptional physician. She is professional, compassionate and has a wonderful sense of humor that immediately puts you at ease. The staff working alongside her are second to none. For patients who may not fully understand what is happening with their health, you have an ardent and wise physician in Dr. Cruz-Amy. I feel incredibly fortunate to be in her care. Thank you, Dr. Cruz-Amy and your amazing team!" —TJ

Care You Can Trust

"Parrish Medical Center is definitely my hospital of choice. I have been there many times, and everyone is always kind, compassionate, and helpful. The nurses are wonderful and truly caring. I especially appreciate that there is only one patient per room, which helps support the patient's wellbeing and comfort. Thank you for your excellence in care." —Trudy B.

Outstanding ER Experience

"At Parrish Medical Center ER, I was seen within minutes, quickly diagnosed, and moved to a treatment room where care was efficient and well-coordinated from start to finish. The intake staff acted immediately with excellent organization and seamless triage. As a former first responder, I appreciated the outstanding care, professionalism and compassion that was provided and would confidently return, knowing I would be in excellent hands." —Clifford T.

Real patient stories. View the videos and read more Healing Experiences by visiting parrishhealthcare.com/experiences

Parrish Medical Center Earns National Stroke Care Recertification

Parrish Medical Center has again earned The Joint Commission's Gold Seal of Approval® and the American Stroke Association's Heart-Check mark as a certified Primary Stroke Center. Certification is voluntary and requires a rigorous evaluation of an organization's stroke system of care including clinical processes, program structure and care management framework. Stroke is a leading cause of death in Florida. Research shows, however, that stroke patients' outcomes can be significantly improved when they receive treatment from an organized stroke system of care.

Ken Grubbs, DNP, MBA, RN, Executive Vice President and Chief Nursing Officer for the Division of Accreditation and Certification Operations at The Joint Commission said this about Parrish Medical Center's recertification, *"This certification award represents your commitment to upholding the highest standards of healthcare quality and safety for your patients, workforce and community. We share that commitment and value the collaboration between our organizations so that all people experience the safest, highest quality, best value healthcare across all settings."*

"The Primary Stroke Center certification program sets a care standard to protect and saves lives," said George Mikitarian, Parrish Medical Center President and CEO. *"Meeting that standard takes commitment, resources, and work, but we have long dedicated ourselves to providing the highest levels of patient safety, clinical quality, and healing patient experiences on behalf of the people and communities we serve."*



The Joint Commission



American Heart Association
American Stroke Association

CERTIFICATION
Meets standards for
Primary Stroke Center

In 2004, Parrish Medical Center became the first health system in Brevard County and the third in Florida to earn Primary Stroke Center certification. Since that time, Parrish Medical Center has successfully maintained and renewed its certification every two years—demonstrating more than two decades of sustained excellence in stroke care.

For more information about being a designated Primary Stroke Center, or to preview the most common symptoms for spotting a stroke, please visit parrishhealthcare.com/stroke

Parrish Healthcare ICU Nurse Embily Smith Named a DAISY Award® Honoree as Part of an International Nurse Recognition Program

Parrish Healthcare announces Embily Smith, RN, as this quarter's DAISY Award® for Extraordinary Nurses Honoree. As a nurse in Parrish Medical Center's Intensive Care Unit (ICU), Smith is recognized for her calm, compassionate and highly skilled care. She is credited with transforming complex clinical situations into meaningful learning opportunities.

Smith's healthcare journey at Parrish Healthcare reflects a deep commitment to service and professional growth. Smith began her career at Parrish Healthcare in 2016 as a Certified Nursing Assistant (CNA), marking 10 years as a valued Care Partner this month. After completing Parrish Healthcare's Nurse Residency Program in 2024, she transitioned into her current role as a Registered Nurse in the ICU, where she continues to exemplify excellence in patient-centered care while mentoring and supporting the next generation of nurses.

"We are proud to recognize Embily Smith as this quarter's DAISY Award® Honoree," said Lisa Dickerson, Parrish Healthcare's Chief Nursing Officer. *"Her ability to remain calm under pressure while delivering exceptional patient care and mentoring a future nurse is a remarkable example of clinical excellence and compassionate leadership. Embily's dedication truly exemplifies the spirit of the DAISY Award."*



The DAISY Award® is an international recognition program that honors the extraordinary skill and compassion nurses provide every day. Parrish Healthcare launched the program in January 2025 and has since received hundreds of nominations from patients, families and colleagues who want to recognize extraordinary nursing care.

To learn more about Parrish Healthcare's DAISY Award® or to submit a nomination, please visit parrishhealthcare.com/daisyaward

Jess Parrish Medical Foundation
Golf Classic Exceeds Fundraising
Expectations and Attracts
Sell-Out Crowd

JPMF hosted another sell-out crowd at this year's tournament and exceeded its fundraising goal of \$80,000, raising more than \$92,000 to benefit The Children's Center, a service of Parrish Healthcare and one-stop childhood development resource center.

More than 100 sponsors, 63 teams, 250 players and dozens of volunteers participated in the annual two-course Jess Parrish Medical Foundation (JPMF) Fran Gerrett Memorial Golf Classic on Friday, April 10, at Indian River Preserve Golf Club and The Great Outdoors Golf Club. Since 2011, the tournament has raised more than \$950,000 to support the vital work at The Children's Center. The law firm Zumpano Patricios presented the 18-hole scramble for the twelfth consecutive year.

SAVE THE DATE
Next year's tournament will
take place on April 2, 2027



To secure your 2027 event partnership, please contact the Foundation at (321) 269-4066 or visit parrishmedfoundation.com/golf



Jess Parrish Medical Foundation Awards 22 Scholarships to
Aspiring Healthcare Professionals

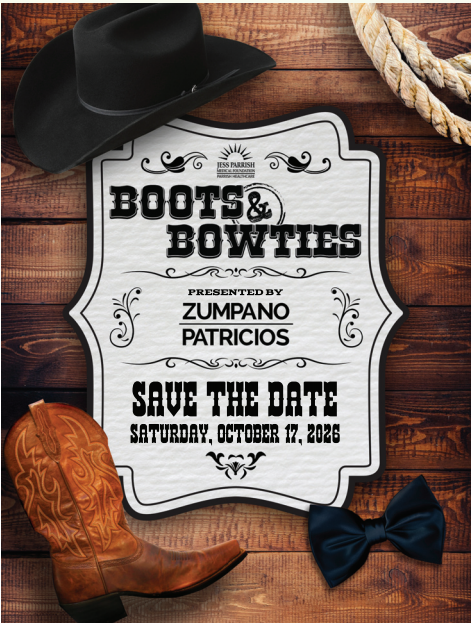
Jess Parrish Medical Foundation (JPMF) awarded \$31,650 in scholarships to 22 exceptional college students and graduating high school seniors who demonstrated a strong commitment to their communities and a passion for pursuing careers in medicine and healthcare.

To support the next generation of healthcare professionals, the Foundation provides medical scholarships to North Brevard County residents pursuing careers in healthcare, helping cultivate future professionals who will one day serve and heal our community.

"This year's scholarship recipients were impressive, and we look to them to drive the next wave of innovation in healthcare," said Melissa Lugo, Chairman of Jess Parrish Medical Foundation Board of Directors. "The Foundation is proud to support the educational endeavors of these talented and deserving students."

Since 1990, more than \$600,000 in scholarship funds have been awarded by the Jess Parrish Medical Foundation to support the educational pursuits of deserving students.

For information about educational scholarships offered by the Jess Parrish Medical Foundation, call (321) 269-4066 or visit parrishmedfoundation.com/scholarships



SAVE THE DATE

Saturday, October 17
5:30 - 10:00 PM
Valiant Air Command Event Hangar
Titusville, FL

Saddle up for an unforgettable Western Gala, where refined elegance meets rugged frontier charm. Enjoy an evening infused with rustic sophistication, warm hospitality, and the enduring spirit of the West.

Dress in your finest Western-inspired attire—boots, hats, and a touch of frontier polish and shine.

Proceeds will benefit the advancement of healthcare technologies and services in support of the healing mission of Parrish Healthcare.

For more information, call JPMF at 321-269-4066 or visit parrishmedfoundation.com/gala

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 GROUPS

Parrish Healthcare is proud to offer a wide range of free support groups designed to meet people where they are. Whether you're navigating a new health diagnosis or adjusting to life changes such as becoming a caregiver or new parent, our support groups provide a safe, welcoming space to connect, share and grow.

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!

