

# THE LINK



**STUDENT LEARNING**  
*WMH DONATES TO VANGUARD SENTINEL*

**SPRING IS BACK**  
AND SO ARE FRESH & HEALTHY RECIPES



**ACHC ACCREDITED**  
ACCREDITATION COMMISSION FOR HEALTHCARE



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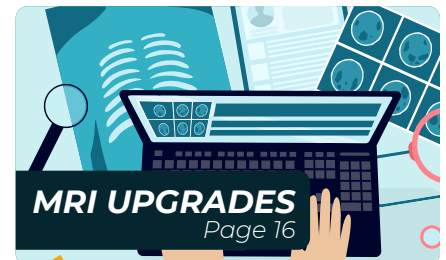
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## MEMORIAL DONORS

Thank You To Those Who Donate in the Name of Others for the Benefit of Others.





# WYANDOT MEMORIAL HOSPITAL

## ***THANK YOU FOR YOUR SUPPORT***

As we continue our journey at Wyandot Memorial Hospital, I am continually inspired by the dedication, compassion, and resilience I see across our community. Every day, our team demonstrates what it means to provide care that is not only excellent but deeply personal and rooted in trust.

Wyandot Memorial has always been more than a hospital, it's a cornerstone of our community. Over the years, I have seen firsthand how our patients, team members, and supporters come together to create an environment where healing and hope thrive. This shared commitment drives everything we do, from the innovations we implement to the everyday moments of care that make a lasting difference.

Looking ahead, our focus remains clear: to provide outstanding care close to home while preparing boldly for the future. We are investing in new technologies, expanding access to services, and continually enhancing the patient experience. These efforts ensure that Wyandot Memorial remains a place where quality, compassion, and community come together seamlessly.

What makes this work meaningful is the people. The patients who trust us with their care, the team members who bring heart and expertise every day, and the supporters who believe in our mission. Together, we are not just a hospital; we are a community dedicated to health, hope, and well-being.

Thank you for being part of our journey. I am proud of what we have accomplished and excited for the future we are building, together.

**KENDRA NOYES, MHA  
PRESIDENT & CEO**



## WELCOME TO THE LINK!

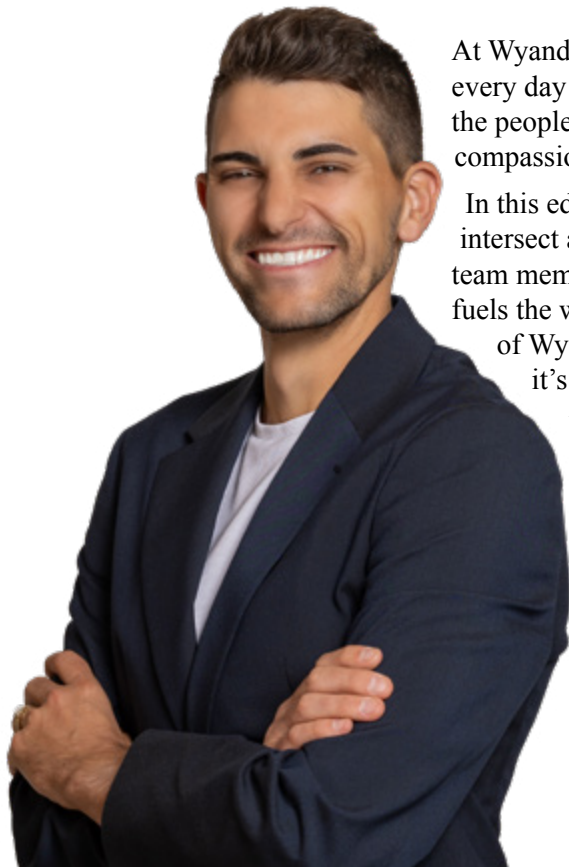
At Wyandot Memorial Hospital and the Wyandot Memorial Hospital Foundation, every day is an opportunity to make a difference not just in health, but in the lives of the people we serve. Our mission is grounded in more than medicine; it is rooted in compassion, connection, and a commitment to our community.

In this edition of The LINK, we celebrate the remarkable ways that care and kindness intersect across our hospital. You'll read stories of patients whose courage inspires us, team members whose dedication knows no bounds, and supporters whose generosity fuels the work we do every day. These moments, both large and small, reflect the heart of Wyandot Memorial and remind us that healthcare is about more than treatments; it's about people.

We are deeply grateful to each of our patients, volunteers, donors, and community partners and for the trust and support you place in us. Your involvement strengthens our mission and ensures that high-quality, compassionate care remains available close to home.

Thank you for being a part of our story. Together, we continue to build a stronger, healthier community.

**JOSH MESSERSMITH**  
*EXECUTIVE DIRECTOR*



**JILL BODEN**

Jill Boden is a dedicated community relations specialist at Wyandot Memorial Hospital. She graduated from Bowling Green State University and brings a passion for fostering strong relationships within the community. Jill utilizes her excellent communication skills and creative problem-solving abilities to organize and execute events that promote community engagement and enhance the hospital's reputation. With her outgoing personality and commitment to serving the community, Jill plays a vital role in building a strong bond between the hospital and its surrounding residents.



**JENNA SMALLEY**

Jenna Smalley is a talented marketing specialist at Wyandot Memorial Hospital. With a Bachelor of Business Administration degree in Marketing from Tiffin University, she brings a wealth of knowledge and expertise in the healthcare industry. Jenna is passionate about utilizing her skills to create impactful marketing campaigns that help improve patient outreach and engagement. With her strong dedication and creativity, she plays a crucial role in enhancing Wyandot Memorial Hospital's brand presence and ensuring the community receives high-quality healthcare services.



MEET THE CARDIOLOGY TEAM AT WYANDOT MEMORIAL HOSPITAL

# CARING FOR EVERY HEART

**A**t Wyandot Memorial Hospital, heart health is more than a specialty, it's a commitment. Our cardiology team, including Dr. Owais Khawaja, Dr. Raza Hashmi, and Danielle Bouillon, CNP, AGACNP-BC provides comprehensive care for patients at every stage of cardiovascular health.

The team offers a wide range of services, including preventive care, diagnostic evaluation, and management of heart conditions, with a focus on keeping patients informed and empowered in their care. By combining clinical expertise with a compassionate, patient-centered approach, they help patients maintain and improve heart health while navigating both routine and complex cardiovascular concerns.

Working closely with primary care providers and other specialists, the cardiology team ensures that each patient receives a coordinated treatment plan tailored to their unique needs. Their goal is to support wellness, improve outcomes, and provide guidance so patients feel confident in managing their heart health.

With a combination of experience, collaboration, and dedication, the cardiology team at Wyandot Memorial Hospital is committed to helping patients live fuller, healthier lives with confidence and peace of mind.

Whether you're managing an existing heart condition or looking to stay proactive about cardiovascular wellness, the Wyandot Memorial Hospital cardiology team is here to guide you every step of the way. To learn more about their services or schedule a visit, please call 419-731-4875.



**WYANDOT**  
MEMORIAL HOSPITAL



# WYANDOT MEMORIAL HOSPITAL

# INFUSION CENTER

**A**t Wyandot Memorial Hospital, patients facing cancer or blood disorders have access to expert care, personalized treatment plans, and state-of-the-art facilities. Leading the hospital's oncology and hematology services is Tejas Lodhawala, MD, a specialist with over 21 years of experience and a commitment to delivering compassionate, comprehensive care.

Dr. Lodhawala sees patients with all types of cancer and hematologic disorders, including breast, lung, colorectal, and prostate cancers, as well as conditions such as anemia, leukopenia, and thrombocytopenia. He combines clinical expertise with a patient-centered approach, recognizing that each individual's journey is unique and developing treatment plans tailored to their specific needs and preferences.

Patients requiring chemotherapy, immunotherapy, blood components, or iron and other infusions are treated at the Wyandot Memorial Hospital Infusion Center, conveniently located on the same floor as Dr. Lodhawala's practice. The center features nine private treatment rooms with state-of-the-art recliners with heat and massage, televisions, and Wi-Fi, allowing patients and their guests to remain comfortable during longer infusions. Breakfast, lunch, and snacks are available for patients and visitors, making the treatment experience as supportive as possible.

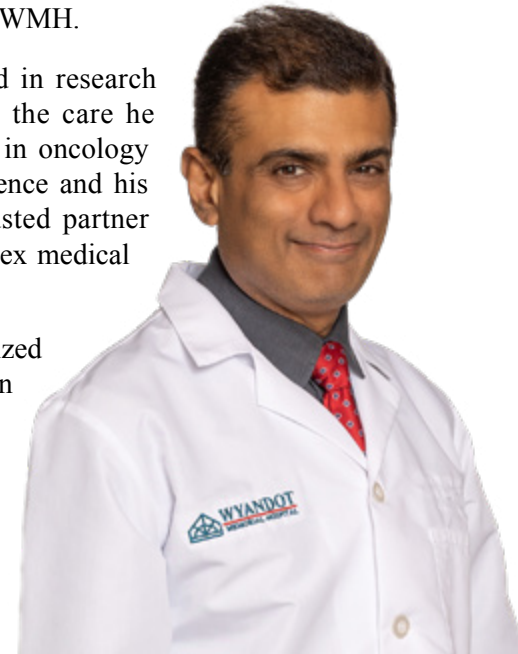
As part of Wyandot Memorial Hospital's comprehensive cancer program, oncology patients also have access to a patient navigator, dietitian, volunteer chaplains, and mental health and palliative care services as needed. This multidisciplinary approach ensures patients receive coordinated, holistic care that addresses both the medical and emotional aspects of their treatment journey.

The Infusion Center also accepts orders from Wyandot Memorial Hospital providers and outside providers for other medications, and patients receiving chemotherapy or immunotherapy at other facilities may still access supportive medications, port flushes, and lab draws at WMH.

Dr. Lodhawala remains actively involved in research and continuing education, ensuring that the care he provides reflects the latest advancements in oncology and hematology. His dedication to excellence and his compassionate approach make him a trusted partner for patients and families navigating complex medical conditions.

With a combination of expert care, personalized treatment plans, and a supportive infusion center, Wyandot Memorial Hospital offers a full spectrum of oncology and hematology services designed to provide patients with the highest level of care, comfort, and hope.

To learn more about oncology and hematology services at Wyandot Memorial Hospital, or to refer a patient to Dr. Tejas Lodhawala, please call 419-731-4277. •



**Tejas Lodhawala MD**

### The Infusion Center at Wyandot Memorial Hospital can administer a wide range of therapies, including:

- Chemotherapies\*
- Immunotherapies\*
- Neulasta/Pegfilgrastim
- IV Hydration
- IVIG
- Blood & Platelet Transfusions
- Zometa, Xgeva, Reclast
- Potassium, Magnesium, Calcium
- Procrit, Prolia, Boniva
- Remicade
- Skyrizi, Stelara
- Depo-testosterone, Leupron-Depo

*\*Chemotherapy and immunotherapy must be ordered by Dr. Lodhawala.*



WYANDOT MEMORIAL HOSPITAL DONATES MEDICAL ITEMS

# SUPPORTING STUDENT LEARNING AT VANGUARD SENTINEL

**W**yandot Memorial Hospital is proud to support the next generation of healthcare professionals through a recent donation of medical supplies and equipment to Vanguard Sentinel Career & Technology Center.

The donated items, though no longer suitable for patient care use due to expiration dates, remain valuable tools for hands-on educational experiences. Students in Vanguard Sentinel's healthcare programs will use the materials to practice clinical skills, learn proper procedures, and gain real-world experience in a safe learning environment.

"By sharing resources, we can help students build confidence and skills that will serve them well as they enter the workforce." said Kendra Noyes, President and CEO at WMH.

Students from Vanguard Sentinel assisted WMH staff in unloading the donated items, demonstrating teamwork and enthusiasm for their chosen career paths. The collaboration highlights the strong connection between WMH and local educational institutions.

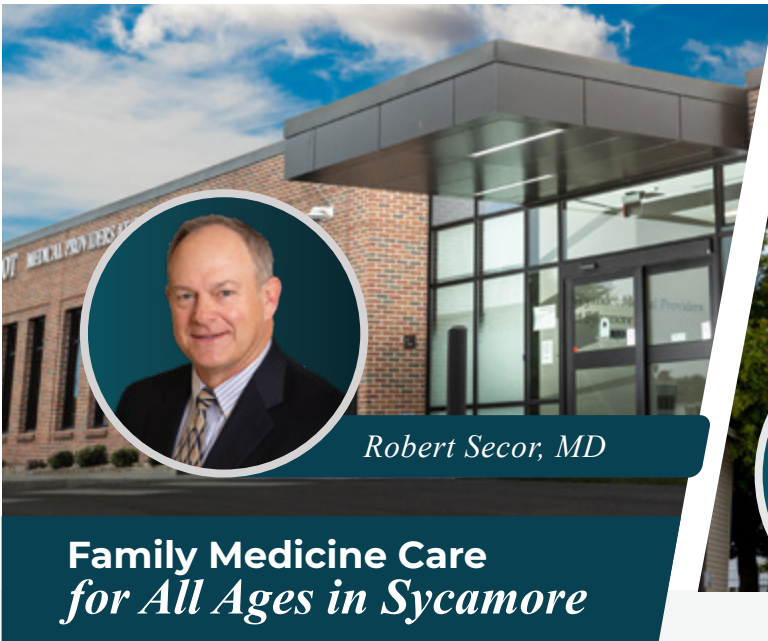
**“Partnerships like this reflect our commitment to investing in the future of healthcare”**

KENDRA NOYES, MHA  
PRESIDENT & CEO



As a rural hospital serving Wyandot County and surrounding communities, WMH recognizes the importance of fostering local talent and creating opportunities for students interested in healthcare careers.

Wyandot Memorial Hospital is proud to partner with Vanguard Sentinel Career & Technology Center and looks forward to continuing efforts that strengthen education, workforce development, and community health. •



*Robert Secor, MD*

## Family Medicine Care for All Ages in Sycamore

Dr. Robert Secor brings a wide-ranging medical background and a grounded, thoughtful approach to patient care at Wyandot Medical Providers at Sycamore. With training rooted in science and years of hands-on clinical experience, he is known for providing care that is both thorough and practical, helping patients navigate their health needs with confidence.

Dr. Secor earned his bachelor's degree in chemistry from the College of Wooster before completing his medical degree at Wright State University School of Medicine. He went on to complete his residency through the Medical College of Ohio at St. Vincent Medical Center, building a strong foundation in comprehensive medical care across a variety of clinical settings.

Throughout his career, Dr. Secor has worked in urgent care, primary care, occupational health, and hospital-based environments. This diverse experience allows him to assess health concerns from multiple angles, coordinate care efficiently, and support patients through both routine visits and more complex medical situations. His work spans all ages, with a focus on continuity and clear communication.

In addition to his clinical work, Dr. Secor has been actively involved in numerous professional associations and medical leadership roles, contributing to the advancement of healthcare delivery and quality standards. His calm demeanor and practical expertise help foster trust, ensuring patients feel heard and supported throughout their care.

Dr. Secor is accepting new patients of all ages at Wyandot Medical Providers at Sycamore, located at 412 W. Saffell Avenue in Sycamore. To learn more about the care he provides or explore available services, please call (419) 927-6552. •



*Sheri Clouse, MSN, FNP-C, CDE*

## Trusted Primary Care For All Ages in New Riegel

For patients and families in the New Riegel community, having a trusted primary care provider makes all the difference. At Wyandot Medical Providers at New Riegel, Sheri Clouse, MSN, FNP-C, CDE, brings a wealth of experience, clinical expertise, and a deeply personal approach to family medicine.

Sheri is a Family Nurse Practitioner and Certified Diabetic Educator, providing comprehensive primary care for patients of all ages. Her background in healthcare is broad and hands-on, beginning with training as an EMT-P and LPN, followed by advanced nursing degrees that culminated in a Master of Science in Nursing. This diverse foundation allows her to confidently manage both acute and chronic conditions, from minor injuries and episodic illnesses to long-term disease management.

Throughout her career, Sheri has cared for patients in hospital settings, community health programs, and through her service with the U.S. Army National Guard. These experiences have shaped her holistic approach to care—one that emphasizes readiness, compassion, and continuity. She values building lasting relationships with patients and families, maintaining ongoing rapport to support health at every stage of life.

In addition to treating common medical conditions, Sheri provides guidance on preventive care, child development, family health habits, mental and emotional well-being, and family planning. She is especially well known for her expertise in diabetes education, helping patients understand their condition, make informed decisions, and develop sustainable habits that support long-term wellness. →

Her work in this area has earned her recognition, including a NONA Leadership Award, reflecting her commitment to patient empowerment and community health.

Sheri's philosophy of care is rooted in education, trust, and partnership. She believes that informed patients are better equipped to manage their health, and she takes time to listen, explain, and collaborate on care plans that fit each individual's lifestyle and goals.

With her extensive clinical background, leadership experience, and dedication to patient-centered care, Sheri Clouse is a valued provider for families seeking comprehensive, compassionate primary care close to home.

Sheri Clouse, MSN, FNP-C, CDE is welcoming patients at Wyandot Medical Providers at New Riegel, located at 15 N. Perry St., New Riegel, OH 44853. To schedule an appointment, please call 567-281-1024. •



**FIND OUR OTHER LOCATIONS & PROVIDERS ONLINE!**

[WyandotMemorial.org](http://WyandotMemorial.org)



WYANDOT MEDICAL PROVIDERS  
**AT CAREY**

Office | 419-396-9200

Pharmacy | 419-396-9203



WYANDOT MEDICAL PROVIDERS  
**AT FOREST**

Office | 419-273-5104

Pharmacy | 419-273-5108



MEDICAL PROVIDERS  
**AT MARION**

Office | 419-294-5758



*Chevone Vent, MD*

## **Long-term Wellness Through Family Medicine At Tarhe Trail in Upper Sandusky**

Good health is built over time, shaped by everyday choices, preventive care, and trusted guidance. At Wyandot Medical Providers at Tarhe Trail, Chevone Vent, MD, partners with patients and families to support long-term wellness through comprehensive family medicine and a strong emphasis on healthy lifestyles.

Dr. Vent provides care for patients of all ages, offering evidence-based treatment for routine medical needs while helping individuals take a proactive approach to their health. Her practice blends traditional family medicine with lifestyle-focused care, supporting patients as they work toward healthier habits, disease prevention, and improved quality of life.

After earning her undergraduate degree from the University of Findlay, Dr. Vent completed her medical degree and family practice residency at the University of Cincinnati College of Medicine. Her training and professional involvement reflect a commitment to lifelong learning, collaboration, and community engagement. She is an active member of the American Academy of Family Physicians and the Wyandot County Medical Society, and she participates in professional committees that help shape healthcare delivery and best practices.

Dr. Vent is known for her thoughtful, personalized approach to care. She takes time to listen, understand each patient's goals, and develop treatment plans that align with their lifestyle and values. Whether managing chronic conditions, addressing everyday health concerns, or focusing on prevention, she works alongside patients to support sustainable, meaningful health outcomes.

Beyond the exam room, Dr. Vent remains active in community service, reinforcing her belief that strong communities are built on accessible, compassionate healthcare. Her dedication to both medicine and community makes her a trusted resource for families seeking care close to home.

Patients looking for a trusted family medicine provider can find Dr. Vent at Wyandot Medical Providers at Tarhe Trail, where she is committed to helping individuals and families build healthier lives at every stage. The office is located at 245 Tarhe Trail in Upper Sandusky, and the team can be reached at 419-294-1525. •



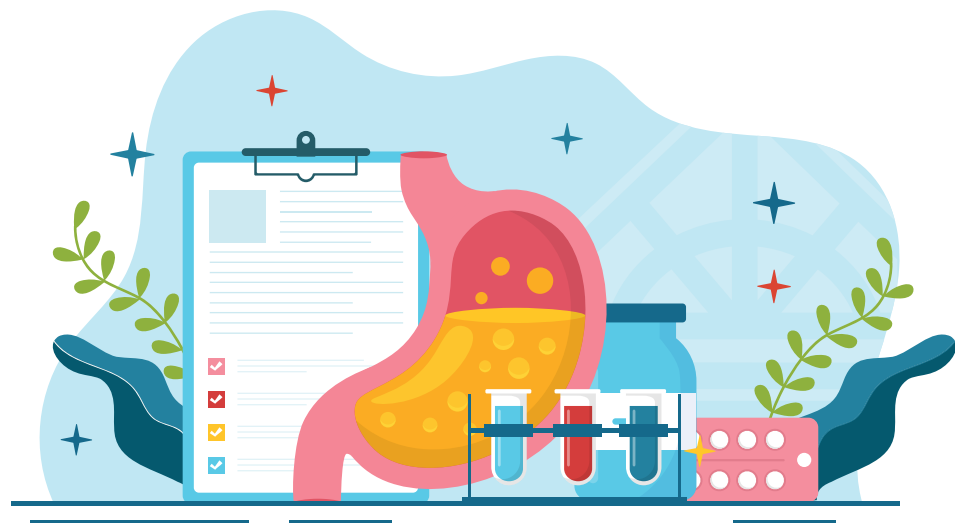
From left to right: Ganesh Veerappan, MD; David Mossad, MD; William Shaheen, MD; Arjun Venkat, MD; Lauren Greenlee, CNP

**W**hen it comes to digestive and liver health, having a dedicated team of specialists can make all the difference. At Wyandot Memorial Hospital, our gastroenterology team **Dr. David Mossad, Dr. William Shaheen, Dr. Ganesh Veerappan, Dr. Arjun Venkat, and Lauren Greenlee, CNP** provides expert care for a full range of gastrointestinal conditions, from routine screenings to complex liver and digestive disorders.

Together, these physicians bring decades of combined experience in diagnosis, treatment, and advanced procedures, offering patients individualized care for conditions such as inflammatory bowel disease, liver disease, digestive cancers, acid reflux, and chronic gastrointestinal issues. They also specialize in preventive care, endoscopic procedures, and neurogastroenterology, ensuring patients receive the most current, evidence-based treatments.

The team's approach is collaborative and patient-centered, focusing on both the medical and personal aspects of care. Each patient receives a tailored plan designed to address their unique needs,

## Comprehensive **DIGESTIVE CARE**



lifestyle, and health goals, with an emphasis on education and guidance to help them make informed decisions about their care.

By combining advanced technology, extensive clinical experience, and a patient-focused approach, the gastroenterology team at Wyandot Memorial Hospital is committed to helping patients feel their best, one step at a time. Whether you're managing a chronic condition or simply prioritizing digestive health, Dr. David Mossad, Dr. William Shaheen, Dr. Ganesh Veerappan, Dr. Arjun Venkat, and Lauren Greenlee, CNP are here to guide you with expertise, compassion, and clarity every step of the way.

***If you have questions about your digestive health or are ready to schedule a consultation with the gastroenterology team, please call 419-294-5757.*** Your care starts with a conversation, and the team is ready to listen, assess, and create a plan that's right for you! •

# 25 Years of Community Support

## PROSTATE SUPPORT GROUP

**T**he Prostate Cancer Support Group of Wyandot County has been a trusted source of education, encouragement, and connection for more than two decades. Meeting every other month at Wyandot Memorial Hospital, the group provides a welcoming space for individuals and families to learn more about prostate cancer, prevention, and living well during and after diagnosis.

Founded in 2001, the group originally began as a Man to Man support group before becoming an independent organization representing Wyandot County. Since its start, the mission has remained the same: to create awareness, provide education, and offer meaningful support to anyone seeking to better understand prostate cancer.

According to the American Cancer Society, prostate cancer is a significant health concern for men

- **1 in 8** males will develop prostate cancer in their lifetime
- It is the **most common** cancer in males
- It is the **second leading cause** of cancer-related death in males



The Prostate Cancer Support Group meets every other month on the second Tuesday at 7:00 p.m. in the Oncology Education Room at Wyandot Memorial Hospital. Relatives and significant others are encouraged and welcome to attend, recognizing that prostate cancer impacts not only individuals, but entire families.

Understanding risk factors can help individuals make informed decisions about their health. Risk factors for prostate cancer include race, family or genetic history, age, diet, weight, and tobacco use. Men with average risk are generally encouraged

to begin prostate cancer screening at age 50, or earlier if recommended by their medical provider.

While not all cases of prostate cancer can be prevented, healthy lifestyle choices can reduce risk. The support group emphasizes prevention strategies such as:

- Following a healthy nutrition plan rich in fruits, vegetables, and whole grains
- Maintaining a healthy weight through regular physical activity
- Stopping smoking and limiting alcohol consumption

The Prostate Cancer Support Group of Wyandot County offers more than information. It provides a sense of community for those affected by prostate cancer, whether newly diagnosed, in treatment, in recovery, or supporting a loved one. Through shared experiences, education, and open discussion, the group continues to be a valuable resource for the Wyandot County community.

For those seeking knowledge, connection, and support, the Prostate Cancer Support Group of Wyandot County remains a welcoming place to learn and grow together! For more

information, please feel free to call Paul Grygier at 419-209-9834, Tom Zeigler at 419-310-3333, or Tom Eyestone at 419-463-1637. •

# WHERE SHOULD YOU GO?

## PRIMARY CARE SERVICES

Call or visit your provider for ongoing health concerns and inquire for more urgent needs.

- Check-ups or physicals
- Common Illnesses
- Flu shots & other vaccines
- Health advice
- Medication refills or changes
- Referral to a specialist
- Routine tests
- Ongoing health concerns.

### WYANDOT | MEDICAL PROVIDERS AT TARHE TRAIL

Office: 419-294-1525

245 Tarhe Trail, Upper Sandusky

### WYANDOT | MEDICAL PROVIDERS AT FOREST

Office: 419-273-5104

112 East Lima Street, Forest

### WYANDOT | MEDICAL PROVIDERS AT NEW RIEGEL

Office: 567-281-1024

15 North Perry Street, New Riegel

### WYANDOT | MEDICAL PROVIDERS AT SYCAMORE

Office: 419-927-6552

412 West Saffell Avenue, Sycamore

### WYANDOT | WYANDOT MEDICAL PROVIDERS AT CAREY

Office: 419-396-9200

235 East North Street, Carey OH

For assistance in selecting a provider, call the Patient Navigator at

419-294-4991

## URGENT CARE SERVICES

Go to Urgent Care for common illnesses that need immediate treatment when your primary care provider is unavailable.

- Allergic reaction
- Animal or Insect bite
- Back pain
- Severe flu or cold
- Cuts requiring stitches
- Ear aches
- Eye Infection or Irritation
- Mild fever
- Minor burns
- Nausea, vomiting and diarrhea
- Skin conditions
- Sore throat
- Sprains or strains
- \*Suspected\* broken bone that is not shifted or out of place
- Urinary tract Infections



### URGENT CARE

Office: 419-294-4051

423 West Church Street, Upper Sandusky

MONDAY – FRIDAY

7:30am – 7:00pm

SATURDAY & SUNDAY

9:00am – 3:00pm

## EMERGENCY SERVICES

Go to the Emergency Department for serious life or limb threatening conditions.

- Broken bone and/or bone shifted out of place
- Coughing or vomiting blood
- Chest pain
- Difficulty speaking / Swallowing
- Head or eye Injury
- Poisoning or overdose
- Severe allergic reaction
- Severe burns
- Signs of stroke, such as numbness or weakness of limbs
- Shortness of breath
- Sudden loss of consciousness
- Uncontrolled bleeding
- Dehydration Abdominal / pelvic / testicular pain



### WYANDOT MEMORIAL HOSPITAL

EMERGENCY DEPARTMENT

Office: 419-294-4991

885 N. Sandusky Ave, Upper Sandusky

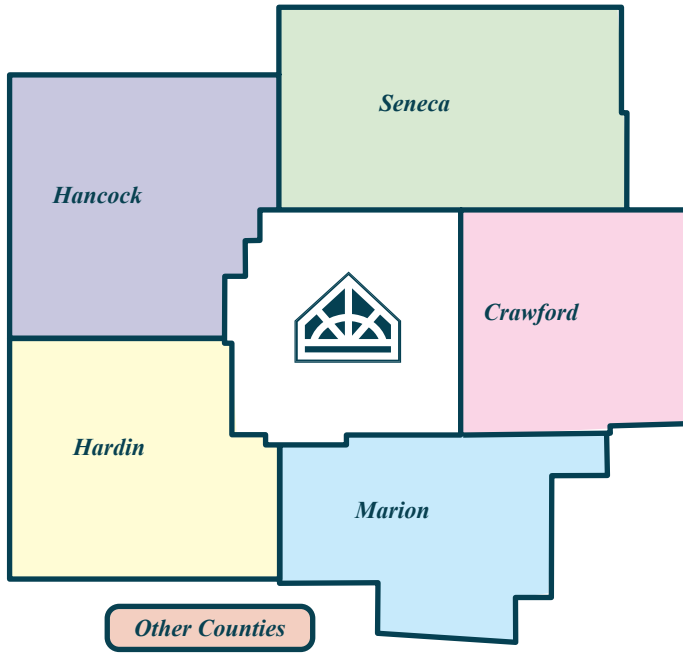
For Emergency Ambulance Services CALL 911



**WYANDOT**  
MEMORIAL HOSPITAL

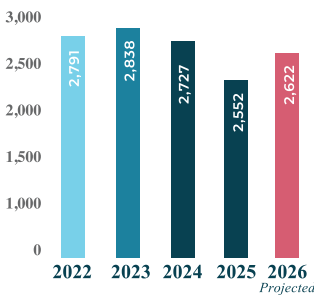
# HOW MANY PATIENTS SERVED

*251,461 Total Patient Encounters*

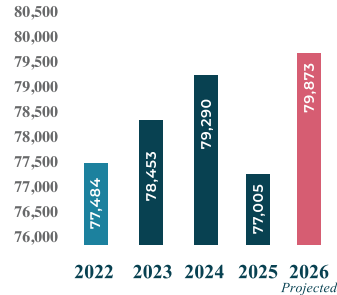


Patient Home County	Patients Served
Wyandot	57,921
Seneca	5,062
Hardin	3,746
Marion	3,576
Crawford	2,501
Other Counties	2,314
Hancock	2,045

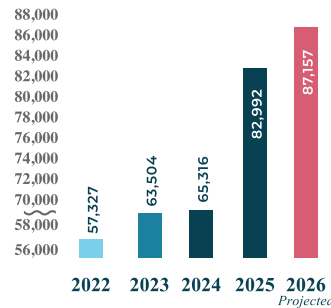
*Total Surgeries*



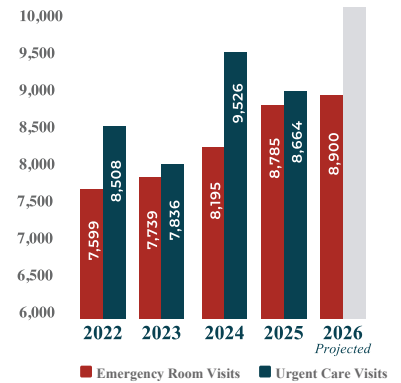
*Ancillary Visits*



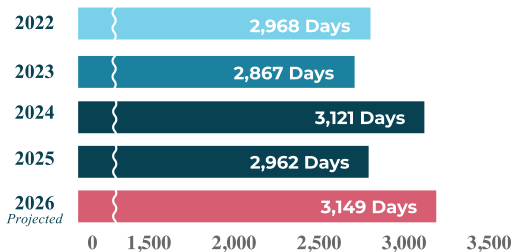
*Clinic Visits*



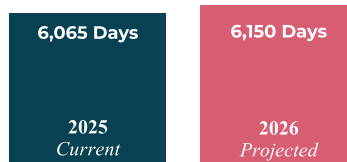
*Emergency & Urgent Care*



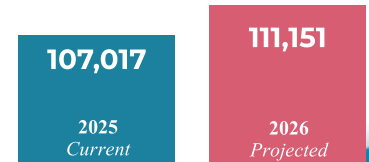
*Hospital Patient Days*



*Hospice Patient Days*



*Pharmacy Scripts*





# PRIORITIZING MENTAL HEALTH

## MEET THE TEAM AT WYANDOT MEMORIAL HOSPITAL

**M**ental health is a vital part of our overall wellbeing and when we nurture it, we strengthen every part of our lives. At Wyandot Memorial Hospital, our psychiatry team is dedicated to providing compassionate, evidence-based care to support patients through life's challenges, from everyday stress to complex mental health conditions.

The team offers comprehensive services for a wide range of needs, including depression, anxiety, bipolar disorder, PTSD, substance use disorders, and other psychiatric conditions. They take a holistic approach, considering each patient's medical history, lifestyle, and personal goals to create individualized treatment plans that promote lasting mental wellness.

Mental health care is about more than managing symptoms, it's about helping patients build resilience, improve quality of life, and maintain balance in daily living. The psychiatry team works closely with other healthcare providers, ensuring a coordinated approach that addresses both mental and physical health.

Wyandot Memorial Hospital's psychiatry professionals are committed to breaking the stigma around mental health by fostering a safe, supportive environment where patients can seek help without judgment. Through therapy, counseling, and, when appropriate, medication management, they guide patients toward meaningful recovery and emotional well-being.

By prioritizing mental health as a fundamental part of care, the psychiatry team at Wyandot Memorial Hospital helps patients navigate challenges, achieve stability, and thrive in their personal and professional lives.

If you or a loved one are struggling with mental health concerns, the Wyandot Memorial Hospital psychiatry team is here to provide support and guidance. To learn more or schedule an appointment, please call 419-294-5757. Mental health matters and seeking help is a sign of strength! •

# CAIDEN TWINING, *MS, LPC*

**A**t Wyandot Memorial Hospital, mental health care is more than just a service it's a commitment to supporting individuals, couples, and families through life's challenges. One of the newest members of the team making that mission a reality is Caiden Twining, MS, LPC (Licensed Professional Counselor), who specializes in marriage, couple, and family counseling.

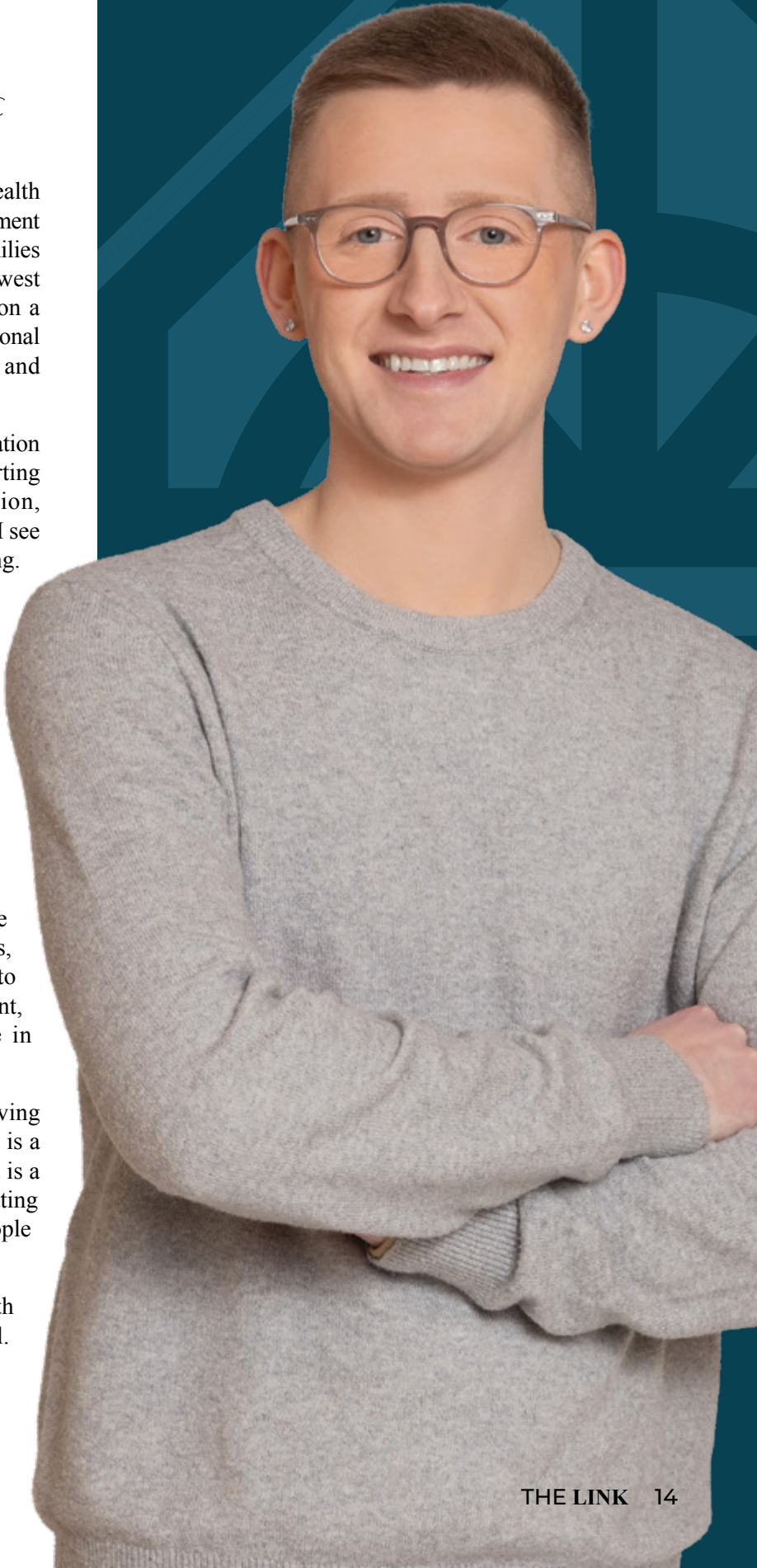
Caiden believes that strong relationships are the foundation of overall well-being. "I'm passionate about supporting couples and families in improving communication, navigating conflict, and building resilience as a unit. I see mental health as more than just individual wellbeing. It is deeply connected to our relationships with the people who matter most to us."

With a warm, empathetic approach and a focus on evidence-based practice, Caiden creates a space where clients feel seen, heard, and supported. Whether it's helping a couple improve communication, guiding a family through a difficult transition, or supporting individuals as they manage stress or anxiety, his goal is always the same: to equip clients with the tools and strategies they need to thrive.

A typical day for Caiden might include one-on-one counseling sessions, couples' therapy, family meetings, or collaborating with other healthcare professionals to provide holistic care. "Every day looks a little different, but the chance to make a meaningful difference in someone's life is always there" he explains.

For those in the Wyandot County community, having access to skilled mental health support like Caiden's is a game-changer. "Asking for support takes strength. It is a step toward building healthier relationships and creating a life that feels more fulfilling for you and the people you love."

To learn more or schedule a counseling session with Caiden Twining, MS, LPC, visit [WyandotMemorial.org](http://WyandotMemorial.org) or call 419-294-1525. •





# Celebrating OUR VOLUNTEERS

**A**t Wyandot Memorial Hospital, our volunteers are the heart of our community. Their dedication, compassion, and countless hours of service make a real difference in the lives of patients, families, and staff every day.

To show appreciation for their hard work, the hospital recently hosted a Volunteer Appreciation Brunch, a special event designed to honor and celebrate these invaluable team members.

The brunch brought together volunteers from across the hospital, providing an opportunity to connect, share stories, and enjoy a morning of recognition. Guests were treated to a delicious meal and heartfelt remarks from hospital leadership to highlight the unique contributions of each volunteer.

During the event, volunteers were recognized not just for the hours they give, but for the compassion and care they bring to every interaction, whether

greeting patients at the front desk, assisting in hospital departments, or supporting special events and programs. Their efforts help create a welcoming, supportive environment that uplifts patients and staff alike.

Hospital leadership expressed gratitude for the volunteers' unwavering



*Our volunteers strengthen our mission in ways that can't always be measured. Their dedication reflects the compassion and community spirit that define us, and we're incredibly grateful for the role they play in serving others."*

JOSH MESSERSMITH

commitment. "Our volunteers make Wyandot Memorial a brighter, more caring place," said Kendra Noyes, President & CEO. "This brunch is a small way to show how much we appreciate all that they do for our patients and our community."

The Volunteer Appreciation Brunch is just one of the many ways Wyandot

Memorial Hospital acknowledges the people who help strengthen our mission every day. Their presence reminds us that exceptional healthcare is not only about treatment—it's also about the dedication, compassion, and support that volunteers provide, making them an essential part of everything we do at the hospital.

## *Interested in Volunteering?*

If you would like to become a volunteer and make a difference in your community, please email [stomm0016@wyandotmemorial.org](mailto:stomm0016@wyandotmemorial.org) to see the volunteer opportunities currently available.



Opportunities are open to both adults and teens, providing a meaningful way for anyone to get involved and support Wyandot Memorial Hospital. •





## MRI Upgrades

FEDERAL APPROPRIATIONS OF 1.1M

Wyandot Memorial Hospital is planning a coordinated imaging upgrade in 2026 to modernize MRI and women’s imaging services while minimizing disruption to patient care. The project includes a comprehensive MRI system upgrade, Automated Breast Ultrasound (ABUS), a Hologic mammography software and detector upgrade, MRI-compatible clinical support equipment, and the temporary use of a mobile MRI unit to maintain service continuity during installation. Together, these investments strengthen diagnostic capabilities, expand access to advanced imaging, and support long-term sustainability in a rural healthcare setting.

A central goal of this project is to keep care local. Many rural patients currently must travel outside Wyandot County for advanced imaging services or higher-acuity MRI exams. These upgrades will allow more patients to receive timely

diagnostic care close to home, reducing travel burdens, delays in diagnosis, and fragmented care.

MRI service continuity is a critical planning consideration. MRI is both a high-utilization diagnostic service and a significant revenue source for the hospital. To avoid gaps in care and patient out-migration during the MRI upgrade, the hospital plans to deploy a mobile MRI unit during the installation period.

As reflected in the Agriculture Appropriations table, Wyandot Memorial Hospital has been awarded \$1,102,200 through the USDA Rural Community Facilities Program. This federal investment supports a total project cost of \$1,600,000, with the remaining costs funded through hospital capital and operating resources in alignment with USDA program requirements. •

COMMUNITY STARTS HERE

# SUPPORT GROUPS



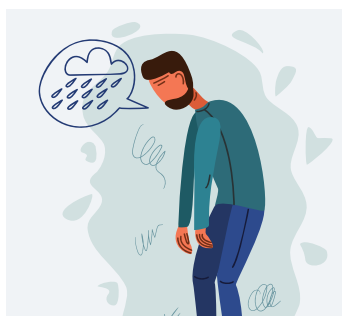
## OSTOMY SUPPORT GROUP

This Ostomy Support Group is a great way to educate yourself about how to live a full and meaningful life with your ostomy. This will be a great place to pick up tips and tricks on pouching techniques, how to avoid post-op complications, what type of diet may work for you, and much more! This group is a great way to form a community and decrease the feelings of being alone with your diagnosis and/or new ostomy, or just to share encouragement if you are an “experienced” ostomate. It is nice to feel understood and be able to relate to the stories being shared. Many people form lifelong friendships while attending support groups. For more information about Ostomy Support Group, please contact Dr. Lori Arnold, Ostomy Support Group Coordinator at 419-294-4991. This group holds meetings quarterly.



## LUNCH WITH FRIENDS

Our Lunch with Friends support group is designed to provide a warm and inviting space for individuals seeking connection, companionship, and delicious dining experiences. This monthly gathering at local restaurants is geared to those who have lost a spouse or partner. Meet new friends who can offer support and friendship. For more information, please contact Becky Greene at 419-294-5787.



## GRIEF SUPPORT GROUP

Our Grief Support Group meets on the fourth Tuesday of every month beginning at 5:30pm. This group offers a safe and compassionate space for individuals experiencing the pain of loss. Led by experienced facilitators, our group provides emotional support, practical coping strategies, and a sense of community for those navigating the complexities of grief. Whether you’re grieving the loss of a loved one, a relationship, or a significant life change, our group is here to help you find healing and hope on your journey towards healing. For more information about the meeting location, please call Becky Greene at 419-294-5787.



## HEART FAILURE SUPPORT GROUP

Individuals affected by heart failure can find a supportive community to share experiences, gain knowledge, and receive emotional encouragement. Led by experienced healthcare professionals, this group offers a safe space for open discussions, educational sessions, and valuable resources to help manage heart failure and improve quality of life. Whether you’re a patient, caregiver, or loved one, you’re warmly welcomed to connect, learn, and find strength together on your journey towards better heart health. The Heart Failure Support Group meets quarterly. For more information, contact the WMH Wellness Center at 419-294-4991 ext. 2236.



## PINK FRIENDS SUPPORT GROUP

PINK stands for Purposeful Intentional Nurturing Knowledge-seeking. PINK friends is designed to support all female breast cancer survivors at any stage of their care - from newly diagnosed to those years out from initial treatment, by offering a safe space for learning, sharing experiences and supporting each other. We also support the unique challenges faced by younger breast cancer patients and allow for designated time and space for these ladies to connect. PINK friends meets on the third Thursday of every month at 6:30 pm in the Oncology Education Room. For more information, please call Debbie Dilley at 419-294-4991, Ext. 4159.



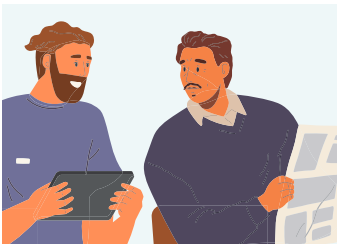
## DIABETIC SUPPORT GROUP

Our Diabetic support Group is a safe and empowering space where individuals living with diabetes can connect, share experiences, and gain valuable insights into managing their condition. Led by experienced healthcare professionals, our group offers practical tips, emotional support, and encouragement to help you navigate the challenges of diabetes with confidence. Whether you're newly diagnosed or have been managing diabetes for years, our supportive community is here to uplift and inspire you on your journey to better health and well-being. The Diabetic Support Group meets the 2nd Wednesday every other month at 5:30pm in the Oncology Education Room at Wyandot Memorial Hospital. For more information, please call WMH Wellness Center at 419-294-4991 ext. 2155.



## H.O.P.E. GROUP

Helping Others through Purpose and Encouragement supports those dealing with any chronic illness (including cancer, COPD, diabetes, etc.) to offer education, information, service opportunities, coping skills and encouragement. H.O.P.E. Group meets every other Wednesday during the spring and fall. Our next session is expected to start in March. For more information, please call Debbie Dilley at 419-294-4991, Ext. 4159.



## PROSTATE CANCER SUPPORT GROUP

The goal of the Wyandot County Prostate Cancer Support Group is to create awareness and provide education and support to individuals that want to learn more about prostate cancer and prevention. Men are encouraged to attend and guests are welcome. Meetings are every other month on the second Tuesday at 7 PM, in the Oncology Education Room at Wyandot Memorial Hospital. For more information, contact Paul Grygier at 419-209-9834.



## LIVING WITH DIABETES

This support group offers a multidisciplinary approach to disease management, with professionals such as a nurse, dietitian, and pharmacist. Living with diabetes can be challenging, but with the right knowledge and support, it's possible to lead a fulfilling life. Discuss practical tips, resources, and strategies to help you manage your condition effectively. From monitoring blood sugar levels to making healthy lifestyle choices, discover how to take control of your diabetes and thrive each day. Whether you're newly diagnosed or have been living with diabetes for years, this resource is designed to empower you to live your best life despite the challenges of the condition. Meetings are every other month. To register, contact the Wellness Center by calling 419-294-4991 ext. 2236.

# Expert Endocrine Care

## ROOTED IN EXPERIENCE & EDUCATION

**M**anaging conditions like diabetes, thyroid disease, calcium and metabolic disorders requires not only deep clinical knowledge, but also a thoughtful, patient-centered approach. Wyandot Memorial Hospital is proud to have Dr. Vikram Kumar, MD, FACE, a board-certified endocrinologist with more than 20 years of experience, providing comprehensive endocrine care to our community.

Dr. Kumar specializes in diabetes and metabolism, thyroid disease, adrenal issues, pituitary disorders, and osteoporosis. He cares for patients across the full spectrum of endocrine conditions, from routine management to complex, multi-system cases. His extensive background allows him to treat patients at every stage of their journey, whether newly diagnosed or navigating long-term chronic disease.

Dr. Kumar earned his medical degree (MBBS) from Rajendra Medical College in India and completed postgraduate residency training in internal medicine through Rajendra Medical College and the State University of New York. He is board certified in internal medicine and is a Fellow of the American College of Endocrinology (FACE)—a distinction that reflects excellence in clinical endocrinology, education, and professional leadership.

Throughout his career, Dr. Kumar has held several leadership roles, including Chief of Medicine and Section Chief of Endocrinology, and has served as

a faculty physician training future generations of doctors. His experience spans both ICU and standard hospital care settings, giving him a unique perspective on managing endocrine conditions in patients with complex medical needs.

A major focus of Dr. Kumar's practice is diabetes care, where he brings advanced expertise in insulin pump therapy and continuous glucose monitoring (CGM). He has played a key role in developing inpatient diabetes management protocols, working closely with diabetes educators and pharmacists to improve safety, outcomes, and continuity of care. His approach emphasizes individualized treatment plans that align medical therapy with each patient's lifestyle, goals, and understanding of their condition.

In addition to diabetes management, Dr. Kumar has significant expertise in thyroid disease, including hypothyroidism, hyperthyroidism, thyroid nodules, and complex thyroid disorders. He also treats osteoporosis and metabolic bone disease, helping patients reduce fracture risk and maintain long-term bone health through evidence-based evaluation and treatment.

Dr. Kumar's commitment to advancing medicine extends beyond clinical care. He has contributed to NIH-sponsored research trials and has published research on diabetes, inflammation, and metabolic disease. His work reflects a dedication to staying at the forefront of endocrine science while translating the latest research into meaningful, real-world care for patients.

Despite his impressive credentials, including seven prestigious medical certifications and six highly regarded research contributions, Dr. Kumar is known for his approachable style and strong emphasis on patient education. He believes informed patients are empowered patients, and he takes time to explain conditions, treatment options, and long-term management strategies in a clear, supportive way.

As an active member of national endocrine societies, Dr. Kumar continues to engage in evolving best practices and clinical guidelines, ensuring patients at Wyandot Memorial Hospital benefit from the most current, evidence-based care available.

With his depth of experience, leadership background, and compassionate approach, Dr. Vikram Kumar brings exceptional endocrine expertise to our community, helping patients manage complex conditions with confidence, clarity, and personalized care.

If you or a loved one is managing diabetes, thyroid disease, osteoporosis, or another endocrine condition, Dr. Vikram Kumar is seeing patients at Wyandot Memorial Hospital. To schedule an appointment, call 419-294-5757 or ask your primary care provider for a referral. •



*Vikram Kumar, MD*

# Supporting Early Education

WITH PRESCHOOL DONATION TO OUR LADY OF CONSOLATION

**W**yandot Memorial Hospital is proud to announce a donation to Our Lady of Consolation School to support their preschool program. This contribution reflects the hospital's ongoing commitment to the community and investment in the education and development of young learners.

"Providing resources that help students succeed is a cause close to our hearts," said Josh Messersmith, Vice President of Institutional Advancement at WMH. "By supporting the preschool program at Our Lady of Consolation School, we hope to give students the best possible start in their educational journey."

The donation will be used to enhance classroom materials, learning tools, and activities that foster growth, creativity, and early learning skills for preschool students.

Our Lady of Consolation School has a long-standing tradition of nurturing young minds, providing a safe and supportive environment for children to grow academically, socially, and spiritually. The hospital's support will further strengthen the school's ability to offer quality early education programs.

"Wyandot Memorial Hospital's generosity helps us continue our mission of providing excellent educational experiences for our youngest students," said Nicole Bame, Principal at Our Lady of Consolation School. "We are grateful for their partnership and dedication to our community."

This donation is part of Wyandot Memorial Hospital's broader efforts to support local schools, families, and initiatives that improve the health, well-being, and future of the surrounding communities.



Josh Messersmith, Nicole Bame, Dawn Griswold





**ACCREDITATION  
COMMISSION  
FOR HEALTH CARE**

# Wyandot Memorial Hospital Earns ACHC Accreditation

Wyandot Memorial Hospital is proud to announce that it has successfully achieved ACHC (Accreditation Commission for Health Care) accreditation, a significant milestone that reflects the hospital’s commitment to excellence in patient care.

During the survey process, ACHC surveyors were impressed by the organization, noting that it is rare to see an initial survey go as smoothly and successfully as ours did. This recognition is a testament to the dedication, professionalism, and teamwork of everyone at Wyandot Memorial Hospital.

The accreditation reflects countless hours of hard work across departments, all focused on ensuring the highest standards of quality, safety, and patient-centered care. From preparation to execution, every member of the team contributed to this achievement!

“This accreditation is more than a designation — it is a reflection of who

*“This accreditation honors the countless hours our teams devote to quality care and reminds us why our work truly matters.”*

DANIELLE PAGNARD  
VP OF CLINICAL SERVICES & CHIEF NURSING OFFICER

we are and the standard we uphold every day,” said Kendra Noyes, President and CEO at WMH. “It demonstrates our ongoing commitment to providing compassionate, high-quality care to the community we serve.”

Wyandot Memorial Hospital thanks the community, staff, and partners who make this level of care possible. Achieving ACHC accreditation reinforces the hospital’s P.R.O.M.I.S.E. to deliver exceptional healthcare with integrity, excellence, and a patient-first approach.

For more information about Wyandot Memorial Hospital and its services, visit [WyandotMemorial.org](http://WyandotMemorial.org) •



# Babysitting Clinic

May 28<sup>TH</sup> & June 2<sup>ND</sup>

Time: 8:00 AM – 3:30 PM  
(Check-in begins at 7:30 AM)

- Only one day of attendance is required to complete the course.
- Registration is mandatory prior to the class date.
- Participants must be 12 years of age by the class date.
- This comprehensive course will cover everything you need to know to be a safe & responsible babysitter.

*From basic childcare skills to emergency procedures, you'll gain valuable knowledge & confidence.*

To Register: Call 419-294-4991 ext 2236  
Or Email at [fbormuth@WyandotMemorial.org](mailto:fbormuth@WyandotMemorial.org)



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## Wyandot Memorial Hospital Earns Prestigious InterStim™ Center of Excellence Award

**W**yandot Memorial Hospital is proud to announce that Dr. Thomas Zaciewski and Bethany Parsell, CNP, have been named an InterStim™ Center of Excellence by Medtronic (NYSE: MDT), the world's largest medical device manufacturer. The distinction is awarded to caregivers who have demonstrated exemplary use of the InterStim™ system and a commitment to patient care for those suffering from symptoms associated with overactive bladder (OAB), fecal incontinence (FI) and non-obstructive urinary retention.

OAB affects nearly one in six US adults and is more common than diabetes.<sup>1,2</sup> While not life threatening, OAB is significantly life-altering, which makes effective long-term bladder control critical. Many sufferers are frustrated, embarrassed and limit their lives socially, professionally and personally.

3-6 Of those patients who do seek treatment, many choose the InterStim™ system. This technology delivers relief by gently stimulating the patient's sacral nerves through a small device implanted in the lower back.<sup>7</sup> Since its introduction in 1997, it has been chosen by more than 400,000 patients worldwide.



“We’re honored to receive the Medtronic InterStim Center of Excellence designation,” said Dr. Zaciewski. “We strive to educate our patients about overactive bladder and fecal incontinence and provide the highest quality of care to achieve the best outcomes for patients.”

“Being able to help our patients regain control and confidence in their daily lives is the most rewarding part of what we do” said Bethany Parsell, CNP. •

*To learn more about Dr. Zaciewski, Bethany Parsell, and how they help patients achieve better bladder health, visit [WyandotMemorial.org](http://WyandotMemorial.org)*

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## FIRST PATIENT AT WYANDOT MEMORIAL HOSPITAL RECEIVES *New Implantable Tibial Device to Manage Bladder Control Symptoms*

**T**he new Altaviva™ device is implanted near the ankle, designed to regulate bladder control by restoring communication between the bladder and the brain

Wyandot Memorial Hospital has implanted the first Altaviva™ device, a new treatment option to manage bladder control symptoms, in Upper Sandusky Ohio. The device, which is implanted near the ankle above the tibial nerve, is approved by the U.S. Food and Drug Administration (FDA) to treat urge urinary incontinence (UUI).

Over 16 million adults in the United States experience UUI,<sup>1,2</sup> a symptom of overactive bladder (OAB) that is characterized by a sudden, intense urge to urinate, often followed by involuntary leaks before reaching the bathroom.<sup>3</sup> The Altaviva device, developed by Medtronic, offers a minimally invasive<sup>4</sup> treatment option with several key benefits:

- **No sedation or radiation is required for the procedure<sup>5</sup>**
- **Same-day therapy activation<sup>6</sup>**
- **MRI compatibility from day one<sup>7</sup>**
- **The device battery lasts up to 15 years\*,<sup>6</sup>**

The inaugural procedure at Wyandot Memorial Hospital and in the state of Ohio was performed by Dr. Thomas Zaciewski with patient management and support provided by Bethany Parsell, Board Certified Urology Nurse Practitioner. Both

Dr. Zaciewski and Bethany Parsell APRN, CNP, CUNP are recognized as a Center of Excellence and distinguished therapy providers for neuromodulation. Dr. Zaciewski states “It’s exciting to offer the Altaviva device to our patients with urge urinary incontinence. This is an additional option for patients who have struggled to find relief, is expanding access to urge urinary incontinence treatments, and we look forward to seeing how this therapy can help patients.”

The leadless Altaviva™ device is approximately half the length of a stick of chewing gum. It is implanted near the ankle and sends electrical pulses to the tibial nerve to help restore the communication pathway between the bladder and brain.<sup>8,9</sup> Recharging is needed once or twice a year under standard settings and will take up to 30 minutes for the device to go from zero to 100% charged,<sup>10</sup> eliminating the need for daily at-home charging equipment. This treatment, called tibial neuromodulation, is a proven therapy for reducing bladder control symptoms.<sup>11-16</sup>

Wyandot Memorial Hospital is committed to providing cutting-edge treatments to its patients. If you or someone you know is experiencing bladder control symptoms, visit Wyandot Memorial Hospital to learn if you are a candidate for the Altaviva device.

*\*Based on clinical and bench testing for expected therapy setting*



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15. Heesakkers JPFA, Toozs-Hobson P, Sutherland SE, et al. A prospective study to assess the effectiveness and safety of the BlueWind system in the treatment of patients diagnosed with urgency urinary incontinence. *Neurourol Urodyn.* 2024;43:1491-1503.

16. Appendix B: Clinical Study Summary. M028929C001 RevC - Clinician Therapy and Programming Guide Altaviva™ Model P7850N.

HEALTHY  
EATING FOR

# Spring

*Citrus Grilled Shrimp | Pg 26*

## SPRING IS BACK. SO IS FRESH FOOD

Spring is the perfect season to refresh your diet with vibrant, nutrient-rich foods that energize your body and delight your senses. As nature blooms, so should your meals – colorful, fresh, and full of flavor. Embracing healthy eating in spring can help boost your immune system, improve digestion, and set a positive tone for the months ahead.

One way to celebrate the season is by incorporating colorful fruits and vegetables into your meals. For example, citrus fruits are abundant in spring and packed with vitamin C, which supports your immune health. A delicious way to enjoy this is with a **Citrus Grilled Shrimp**. Grilling shrimp with a citrus marinade provides a flavorful, protein-packed dish that's light and satisfying making it perfect for a spring lunch or dinner.

You can also complement your meals with refreshing beverages like the Cucumber Basil Mocktail. Made with cooling cucumbers, fragrant basil, and a splash of citrus, this mocktail is a perfect non-alcoholic drink that hydrates and invigorates. It's a great way to stay refreshed during spring picnics or outdoor gatherings.

Spring is also an ideal time to experiment with plant-based dishes, incorporating more tender leafy greens, nuts and seeds into everyday meals. By choosing fresh, seasonal ingredients and making simple, wholesome recipes, you can enjoy the healthy benefits of spring.

Celebrate the season with vibrant flavors and healthy choices, and let spring's bounty inspire your culinary creations!

**DiabetesFoodHub.org**

*From the nutrition experts at the American Diabetes Association, Diabetes Food Hub™ is the premier food and cooking destination for people living with diabetes and their families.*



DIABETIC FRIENDLY

### Cucumber Basil Mocktail

Active 15 min.

- 1 tsp Stevia Liquid Sweetener
- 1 Liter Club Soda
- 1 Lime (Juiced)
- 1/3 Cup Fresh Basil (Save a few leaves for garnish)
- 1/2 of a Medium Cucumber (Sliced) (Save a few slices for garnish)

1. Put all ingredients in a blender and pulse for 3-5 minutes.
2. Strain liquid into a small pitcher. Discard solids.
3. Pour over ice and serve.
4. Garnish with fresh cucumber slice and basil.

#### Recipe Note:

Blending carbonated water can cause the gas bubbles to expand and burst, and can cause overflow from the blender.

To reduce this, blend on slower speeds and only adding half of the club soda to the blender and the other half after blending.



DIABETIC FRIENDLY

### Sweet Potato Salad

Active 25 min. | Total 35 min.

- 3 Large Sweet Potatoes, Peeled & Cubed
- 4 Slices Turkey Bacon
- 2 tbsp Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 3 Stalks Celery, Diced
- 2 Green Onions, Sliced

1. Peel sweet potatoes and cube. Place sweet potatoes in a large pot. Cover with water and bring to a boil. Boil until tender about 5-7 minutes. Drain potatoes and rinse with cold water; let cool.
2. While potatoes are cooking, cook bacon until crisp, then chop or crumble into small pieces.
3. In a small bowl, whisk together, olive oil, apple cider vinegar, pepper and garlic powder.
4. Place sweet potatoes in serving bowl and add celery, green onions and turkey bacon. Pour dressing over salad and toss until potatoes are coated. Serve cold.



DIABETIC FRIENDLY

### Baked Eggs with Roasted Spring Veggies

Active 30 min. | Total 45 min.

- 1 Asparagus (Trimmed and cut into 1-inch pieces)
- 1 Cherry Tomatoes (Halved)
- 8 Zucchini (Sliced into half-moons)
- 2 Red Bell Pepper (Diced)
- 1 Red Onion (Thinly Sliced)
- 2 Garlic (Minced)
- 2 Tsp Olive Oil
- 1 Tsp Dried Oregano
- 1/2 tsp Chipotle or Ancho Chili Powder
- 1/4 tsp Salt
- 1/2 tsp Black Pepper
- 1 Cup Baby Spinach Leaves
- 4 Large Eggs
- 1/4 Cup Fresh Basil (For Garnish)
- Non-Stick Cooking Spray

1. Preheat your oven to 400°F.
2. In a large mixing bowl, combine the asparagus, cherry tomatoes, zucchini, bell pepper, red onion, and garlic.
3. Drizzle with olive oil and sprinkle with dried oregano, black pepper, and salt. Toss until the vegetables are evenly coated.
4. Lightly coat a large sheet pan with cooking spray. Spread the seasoned vegetables in a single layer on the sheet pan. Roast in the preheated oven for 15-20 minutes, or until the vegetables are tender and slightly caramelized.
5. Remove the sheet pan from the oven and scatter the baby spinach over the roasted vegetables. The heat will wilt the spinach slightly.
6. Create four small wells among the vegetables and carefully crack an egg into each well.
7. Return the sheet pan to the oven and bake for an additional 7-10 minutes, or until the egg whites are set and the yolks reach your desired doneness.
8. Sprinkle fresh basil over the vegetables and eggs.



DIABETIC FRIENDLY

### Greek Yogurt Chocolate Mousse

Active 15 min. | Total 15 min.

- 6 Mini sugar-free dark chocolate bars (Chopped)
- 2 Cup Plain Nonfat Greek Yogurt (Non-Fat)
- 2 Tbsp Honey (-or- Artificial Sweetener)
- 1/4 Cup Skim Milk
- 1 tsp Vanilla Extract
- 1 tbsp Whipped Topping (Non-Fat)
- 2 Cups Fresh Raspberries

1. Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.
2. In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.
3. Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping

### Citrus Grilled Shrimp

DIABETIC FRIENDLY

Active 5 min. | Total 5 min.

- 4 Clementine Oranges, (2 Juiced, 2 peeled & Sectioned)
- 1 Lime (Juiced)
- 1 Dash of Hot Sauce
- 1 Clove of Garlic, (Minced)
- 1/4 tsp Black Pepper
- 16 Large Raw Shrimp
- 4 Cup Spring Salad Mix
- 2 Tbsp Olive Oil
- Non-Stick Cooking Spray

1. In a medium bowl, whisk together orange and lime juice, hot sauce, garlic and pepper. Add shrimp to bowl and place in refrigerator to marinate for 20 minutes.
2. Prepare an indoor or outdoor grill to medium. Spray grill rack with cooking spray.
3. Place shrimp on skewers and grill for 2-3 minutes on each side or until shrimp are done.
4. Serve shrimp on top of spring mix salad with clementine slices.
5. Whisk together dressing ingredients and pour over shrimp and salad.

# Want More Recipes?

Visit the Diabetes Food Hub™ online to find more recipes, meal planning, & tips on how to eat healthy!





## NORMAN GOTTFRIED SURGERY CENTER

# ENT & FACIAL PLASTICS

Meet Vincent McGinniss, DO, FACS, FAOCO-HNS

**W**yandot Memorial Hospital is proud to offer advanced ear, nose, throat and facial plastic surgery services through Vincent McGinniss, DO, FACS, FAOCO-HNS, a nationally and internationally recognized physician known for combining technical precision with an artistic approach to care.

Dr. McGinniss is a board-certified otolaryngologist and fellowship-trained facial plastic and reconstructive surgeon who provides comprehensive care for both adult and pediatric patients. His clinical expertise spans conditions affecting the sinuses, voice box, oral cavity and facial structures, including tumors, trauma and functional disorders. Whether restoring function or enhancing appearance, his approach is centered on helping patients feel confident, comfortable and supported throughout their care journey.

Dr. McGinniss earned his Bachelor of Arts degree from Ohio Wesleyan University and completed additional studies at the Universidad de Salamanca

in Spain. He went on to receive his Doctor of Osteopathic Medicine degree and complete his residency training at Michigan State University, where he developed a strong foundation in whole-person, patient-centered care.

His career is marked by a breadth of experience that extends well beyond traditional clinical practice. Dr. McGinniss served as a U.S. Air Force flight surgeon and overseas-deployed airman, earning military awards and recognitions for his medical service during deployment. This experience shaped his disciplined, compassionate approach to medicine and strengthened his commitment to serving diverse communities with excellence and integrity.

Throughout his career, Dr. McGinniss has been a global recognized leader in the aesthetics field, is double boarded in ENT and Facial Plastic Surgery, and has been ranked among the top seven percent of physicians in his specialty nationwide, the Castle Connolly Award. His dedication to advancing his field is evident through seven contributions

to plastic surgery publications and several professional lectures focused on clinical research and innovations in aesthetic medicine.

Internationally recognized for his work in facial rejuvenation, Dr. McGinniss has received multiple global awards, and has won the AMWC Awards twice in a row and is now a judge on the award panel. He is also a sought-after invited faculty member at medical summits around the world, where he shares his expertise and helps shape the future of aesthetic and reconstructive care.

Through his blend of medical excellence, innovation and compassion, Vincent McGinniss, DO, is committed to delivering exceptional care while ensuring patients feel seen, heard and confident every step of the way.

Patients interested in consulting with Dr. McGinniss can schedule an appointment by calling Wyandot Specialty Providers on Main Campus at 419-294-5757.

# SUPPORTING LOCAL FAMILIES

WYANDOT MEMORIAL HOSPITAL DONATES DIAPERS

**W**yandot Memorial Hospital is proud to partner with the Wyandot County

Health Department through a recent donation of diapers to support local families and promote healthier starts for children across the community.

The donation reflects WMH's ongoing commitment to community well-being and aligns with the hospital's strategic plan, which emphasizes sustainability, collaboration, and strengthening community partnerships.

"At Wyandot Memorial Hospital, we know that health extends far beyond the walls of our facility," said Kendra Noyes, President and CEO of Wyandot Memorial Hospital. "Our strategic plan focuses on sustainability, and we truly believe we cannot be sustainable as an organization if our community partners and the families we all serve are not. Supporting basic needs like access to diapers is one way we can help create a healthier, more resilient community."

Diapers are a critical but often overlooked necessity for families with young children. By working alongside the Wyandot County Health Department, WMH aims to help reduce barriers that can impact child health, family stability, and access to care.

"This donation will have an immediate and meaningful impact on the families we serve," said Director of Nursing, Candace Kimmel, RN, BSN at the Wyandot County Health Department. "Access to essential items like diapers can relieve stress for parents and caregivers and allows families to focus on what matters most—keeping their



Left Photo: Brett Hill | Right Photo: Dalton Schafer

children healthy and thriving. We are grateful for WMH's continued partnership and shared commitment to our community."

Josh Messersmith, Executive Director of the Wyandot Memorial Hospital Foundation, emphasized the importance of collaboration in meeting community needs. "This donation will directly support families where they need it most, and we are proud to help make a tangible difference in our community."

Dr. Keri Harris, Health Commissioner and Medical Director of the Wyandot County Health Department and a physician at Wyandot Medical Providers at Carey, highlighted the broader health implications of the donation. "Access to clean diapers is directly tied to infant health, helping prevent infections and other complications. Having the opportunity to work with both organizations, it's encouraging to see them come together with a shared commitment to supporting families and addressing social determinants of health. Partnerships like this strengthen our community and help ensure healthier outcomes for everyone."

"Home visiting is a voluntary, home-based program offered at no cost. Our home visitors are well-trained professionals who offer information and support during and after pregnancy. The first step is to complete a referral. Once your family has been referred, you will be assigned a home visitor who will meet with you twice a month. You'll be able to discuss topics that matter most to you such as child milestones, managing sleep, potty training and mental health. Your home visitor is there to help! They will also connect you with community resources" said Yajaira Luikart, Help Me Grow Home Visiting Supervisor.

Wyandot Memorial Hospital remains committed to supporting initiatives that address both medical and social needs, working hand-in-hand with community partners to ensure families in Wyandot County have the resources they need to thrive. Together, we are building a stronger, healthier community, one family at a time. •

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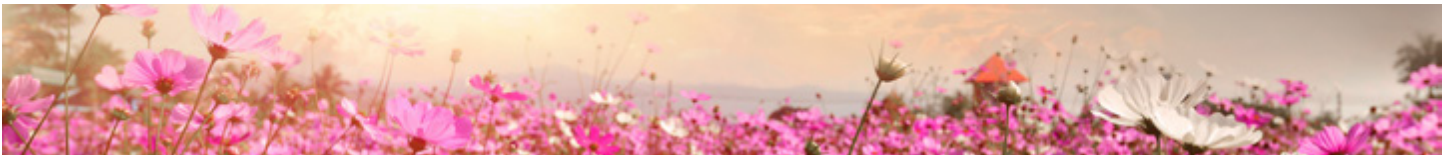
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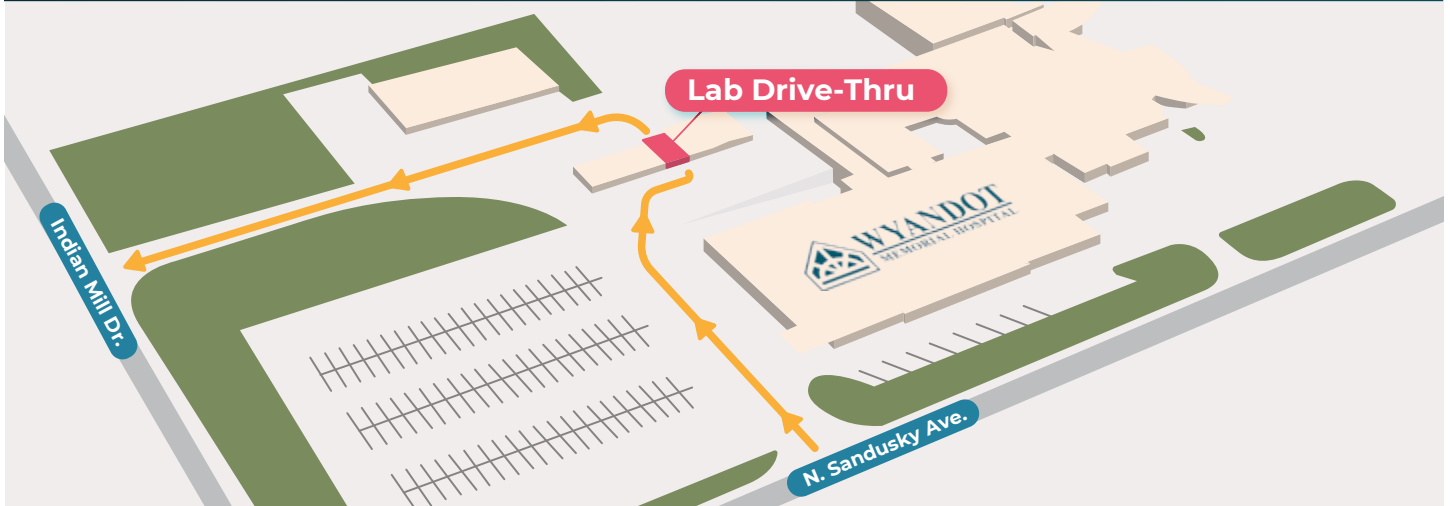


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If you have any questions,  
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