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The Summa Health podcast, "Healthy Vitals," features inspiring patient stories, helpful insights and valuable health tips from Summa Health thought leaders. Check it out at summahealth.org/podcast or find it in your favorite podcast player.

Stand With Us for Impactful Change

In our community and around the world, we are seeing the devastating impact of COVID-19 and its disproportionate effect on underserved populations. At the same time, recent events have served as a catalyst for meaningful discussions around the issue of racism across the nation and are encouraging organizations and businesses to evaluate how we can better serve the community.

To this end, in June 2020, Mayor Dan Horrigan and the City of Akron declared racism as a public health crisis. Summa Health, an organization with a mission to “contribute to a healthier community,” agrees with the declaration and promises to take swift action in addressing the topic of racial inequities with resources, education and tangible commitments.

Our comprehensive action plan, “Summa Stands with our Community,” addresses structural racism in our institution, with our employees and within our communities. Its three areas of focus are:



Education

- Create a common understanding of the crisis
- Address implicate/unconscious bias
- Develop a knowledge base for meaningful, productive dialogue



Health

- Address/reduce healthcare disparities
- Support enhancements in the delivery of equitable care
- Collaborate with Summa Health Equity Center
- Provide effective culturally competent training for employees



Advocacy

- Create visibility and transparency
- Drive local community engagement
- Communicate with government officials
- Provide input on key public policies

As Summa Health continues to stand with those fighting for justice and commits to eliminating disparities in healthcare and beyond, we invite you to stand with us.

To learn more, visit summahealth.org/empowerment.



“

I feel like I am a better mom because of the Centering programs. It's really empowering and I've never experienced anything like this before; it's a true sisterhood.

-Mariah Hunt

”



Celebrating

Babies' First Birthdays

When pregnant with her second child, Mariah Hunt of Akron joined the CenteringPregnancy[®] program at Summa Health Equity Center.



Sadly, Akron has one of the highest infant mortality rates in the entire U.S. With CenteringPregnancy, patients come together to provide support to each other and help babies successfully reach their first birthday.

Participants receive health assessments and then “circle up” for facilitated discussions driven by moms.

“Everyone was so genuine and warm and we all connected through our experiences,” shared Mariah.

“The classes taught me a lot, especially about my culture. There was a lot of information for Black mothers. They taught me things about myself I did not know, which brought me closer to myself.”

Groups discuss proper hygiene, how to regulate finances and many other life skills. They teach car seat safety, safe sleep habits and more.

Due to the program’s success, Summa Health launched the Centering Parenting Group to help mothers through their babies’ first year. In group, the women discuss important topics such as bringing baby home, nursing, how to baby proof your home, how to make your own baby food and healthy cooking options.

“We are learning how to create goals and how to reach them and how to be resourceful out in the community,” shared Mariah. “You leave knowing how valuable you are. You leave knowing that you are enough as a mother, which is very important because we don’t get told that a lot.”

Now a rambunctious one-year-old, Mariah’s son Makavelli is flourishing, walking and talking, and getting into everything he can. The moms in the classes remain close and are able to watch each other’s children thrive and succeed.

“I feel like I am a better mom because of the Centering programs. It’s really empowering and I’ve never experienced anything like this before; it’s a true sisterhood.”

Helping to Eliminate Health Disparities

Summa Health Equity Center was established to promote health equity in a community long challenged by disparities related to race and income. It has quickly established itself as an anchor within the community, a valuable resource for community members. The Center works in collaboration with neighborhood partners to understand, reduce and eventually eliminate health disparities in Summit County.

Along with the CenteringPregnancy® programs for pregnant women and new mothers, the Center includes:

- A medical home for you and your family
- Primary care physicians and a nurse practitioner
- Chronic disease management
- Pain management
- Community outreach services
- Dietetics, counseling, social work
- Exercise classes, such as line dancing, yoga, prenatal yoga and Zumba
- Cooking and nutrition classes using the demonstration kitchen
- Onsite laboratory services

To learn more about the Summa Health Equity Center Programs, call 330.865.5333.

CenteringPregnancy® Program



Group of **12-15** expecting women



On-time appointments; meet every **2 weeks**



Get empowered sharing stories



Help with good nutrition



Talk and bond with women just like you



Breastfeeding advice



Gain confidence



Relaxation tips including yoga



More time with your doctor



Learn how to love yourself first



Classes like this help **reduce pre-term births** by

47%

We're growing to better serve *You*



Summa Health Pride Clinic
Chapel Hill Medical Center
1260 Independence Ave
Akron, OH 44310



Erin Tisdale, FNP, recently joined Scott Hamler, M.D., and Bryan O'Connell, M.D., at the Summa Health Pride Clinic. With a passion for working with the LGBTQ+ community, Erin provides high-quality compassionate care for all her patients regardless of sexual orientation or gender identity.

To learn more, visit summahealth.org/prideclinic.
For an appointment, call **234.867.7740** or email prideclinic@summahealth.org.



It's Our One-Year Anniversary!

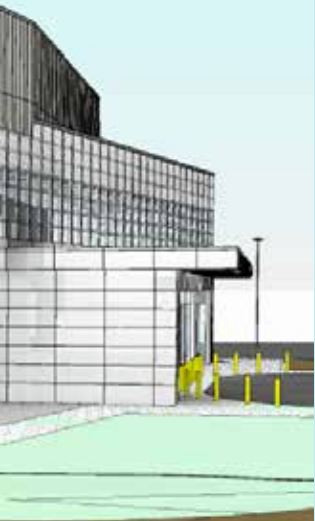
Opening Spring 2021



Summa Health Stow-Kent Medical Center 3825 Fishcreek Road, Kent, OH 44240

If you live in the Stow-Kent area, you will soon have access to a full suite of healthcare services close to home. Now under construction, the Summa Health Stow-Kent Medical Center will focus on health and wellness by offering primary care and health screenings, as well as personalized specialty care, such as:

- Urgent care
- Imaging – mammography, bone density, X-ray
- LabCare Plus
- Outpatient Infusion
- Cardiac testing
- Pulmonary function testing
- Behavioral health
- OB/GYN
- Urology
- Urogynecology
- Neurology
- Endocrinology
- Cardiology
- Pulmonology
- Internal medicine



Summa Health Tallmadge Urgent Care 60 North Ave Tallmadge, OH 44278

An urgent care facility is opening on the ground floor of Summa Health Tallmadge Medical Center, conveniently located off the Tallmadge Circle. With onsite laboratory services and digital X-ray capabilities, it provides fast and easy access to medical care for common health concerns, like:

- Minor broken bones and fractures
- Colds, flus, sore throats
- Bronchitis, pneumonia, asthma
- Allergies and sinus infections
- Ear pain
- Rashes and poison ivy
- Eye infections
- Cuts, scrapes, splinters
- Minor burns and puncture wounds

Summa Health Tallmadge Urgent Care joins primary care, orthopedics, cardiology, bone density and mammography imaging, and lab services already in the building. No appointments necessary for urgent care services. Call **234.867.6233** or visit **summahealth.org/tallmadgeurgentcare** for more information.

Opening September 27!



**Middle School and High School
Sports Physicals Only \$25!**

Screenings Save Lives

According to the American Cancer Society, in 2020 in the U.S., there will be an estimated 1,806,950 new cancer cases and 606,520 cancer deaths. Screening can help doctors find and treat several types of cancer early, before they cause symptoms. Here are some important facts and screenings* for you and your family:

Breast

- 1 in every 8 women will develop breast cancer within her lifetime
- Women in their 20s and 30s should get a clinical breast exam from your primary care doctor or gynecologist every three years
- If you're over 40, you should get an annual mammogram screening and a clinical breast exam. Talk to your doctor about any risk factors you may have.



October is Breast Cancer Awareness Month. Schedule a mammogram today by calling 888.859.8870.

Colon/Rectum

- Is the 2nd leading cause of cancer death, however there is a 90% survival rate when colorectal cancer is found early and treated
- The American Cancer Society recommends a colonoscopy every 10 years for average risk individuals starting at age 45, or every 5 years, starting at age 40 for those with a first-degree family history
- Non-invasive stool sample tests are an alternative to a colonoscopy



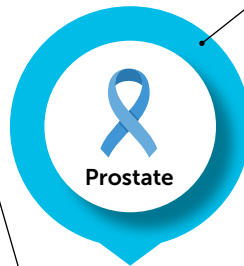
Gynecologic

- All women are at risk — there is no way to know who will get a gynecologic cancer
- Women should be tested regularly to maintain cervical health:
 - Pap test – every three years, OR
 - Human Papillomavirus (HPV) test and a Pap test – every five years



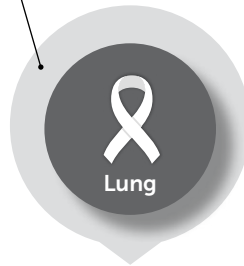
Prostate

- If you are age 55 or older, talk to your doctor about whether prostate cancer screening is right for you
- You may need to get screened sooner if you:
 - Are experiencing symptoms
 - Are African-American
 - Have a father, brother or son who has had prostate cancer



Lung

- Lung cancer screening saves lives. It reduces the chance of dying from lung cancer by 30%
- Smoking is the #1 risk factor, causing more than 80% of lung cancers
- A low dose CT scan can help ease your mind and save your life – current and former smokers age 55 and older should talk to their doctor about getting screened. Low dose CT scans help to detect cancers in the earlier stages, when they have the best chance at being treated.



*These are general guidelines. A number of variables may alter your frequency. Talk to your doctor about what screenings and timing are right for you.

Our oncologists, surgeons, medical specialists, radiologists, palliative care, health psychologists, advanced nurses and specialized support staff in the Summa Health Cancer Institute all work together to provide patients, their families and caregivers with individualized support through all phases of the cancer experience. Visit summahealth.org/cancer to learn more.



We Treat
More than
100
Types of
Cancer

How Important Is Your Nervous System?

The nervous system plays a role in nearly every aspect of our health and well-being. It only stands to reason, with billions upon billions of neurons firing every day, sometimes things go wrong.

There are two parts to the nervous system:

Central nervous system
includes brain and spinal cord

Peripheral nervous system
includes all the remaining
nerves in the body

Controls:

- Daily activities such as waking up
- Automatic activities such as breathing
- Complex processes such as thinking, reading, remembering and feeling emotions

The Brain

Left side controls the right side of the body



Right side controls the left side of the body

About **100 Billion** Neurons

Disorders:

- Headache disorders
- Infections like meningitis
- Movement disorders, such as Parkinson's disease or Restless Leg Syndrome
- Neurodegenerative disorders, such as Alzheimer's disease and Lou Gehrig's disease
- Multiple sclerosis
- Epilepsy
- Spinal cord disorders
- Speech and language disorders
- Cerebrovascular disease, such as stroke
- Brain Aneurysms and Arteriovenous Malformations
- Cranial and spine neurosurgery
- Disorder of the muscles

Schedule an Appointment with One of Our Team Members

Our highly trained team includes leaders in stroke care, neurological disorders, surgical procedures for stroke, aneurysm, cranial, spine and more.

Neurology



James Bavis, M.D.



Jose M. Casanova, M.D.



Aaron Cochran, D.O.



Dmitri Kolychev, M.D.

Neurosurgery



Dane J. Donich, M.D.



Samuel R. Borsellino, M.D.

Endovascular



Aashish Anand, M.D.



Alexander P. Venizelos, M.D.

For more information,
contact us at **888.241.5493**

Connections & *Innovations*



Virtual Visit

Now, more than ever, seeing a clinician virtually is a great option to have. Earlier this year, our Virtual Visit platform exploded, with patients booking virtual appointments by the tens of thousands. We have expanded our virtual visits to provide telehealth across the system with various specialties and primary care practices including behavioral health and more. To sign up for this convenient option, visit summahealth.org/virtualvisit.



MyChart — Making Your Healthcare Easier

You have probably heard of the many ways you can manage your health 24/7 in MyChart, from scheduling appointments with Summa office providers, to requesting prescription refills, viewing test results and communicating with your physician via secure messaging.

Did you know you can conduct a video visit through MyChart? Or that you can easily update insurance and advanced care planning information 24/7? You can also add yourself to the wait list so you can be notified if an earlier appointment time becomes available with a specific provider.

And coming soon, you'll be able to automatically record information in MyChart such as your weight, blood pressure, or steps through your Apple watch, Fitbit and Withings, putting more health information right at your fingertips.

To learn more and to sign up, visit summahealth.org/mychart.



Out-of-the-Box Thinking

Improved intubation box offers added frontline protection

Intubation is a common procedure to help COVID-19 patients breathe. Unfortunately, it often causes patients to cough, causing mucus – or infected particles – to be distributed into the air.

An intubation box was recently described in the New England Journal of Medicine to help lessen contamination. A team at Summa Health – led by Dr. Eric Espinal, chief of cardiothoracic surgery; Dr. Thomas Mark, chief of anesthesiology; and Dr. Phillip Khalil, chief of otolaryngology – made improvements on the design, which included the addition of physician armholes and removable, disposable gloves.

More than 50 of these intubation boxes have been manufactured and distributed to Northeast Ohio hospitals. Another 50 were delivered to the state PPE distribution center at the National Guard Armory in Columbus, OH. Coordinated by the Governor's office, they will be distributed to other hospitals throughout the state.



Plans start
as low as
\$0!

Join and Stay with SummaCare.



The Time Is Now to Choose Your Health Insurance for 2021

If you're eligible for Medicare, compare plan options during the Medicare Annual Enrollment Period from October 15 through December 7, 2020. This year, SummaCare Medicare Advantage plans offer more benefits than ever!



NEW! Family On-Demand with Papa

Papa is a company that pairs Medicare beneficiaries with college students, called Papa Pals, for companionship, technology education and support, assistance with everyday tasks like grocery shopping and delivery, prescription pick up and more.



NEW! Travel Coverage

- In network coverage available while in Florida.
- Assist America® for global emergency travel assistance when you're more than 100 miles from home or in a foreign country.



NEW! Meal Delivery

You are covered for meals that fuel healthy living! Following a hospital stay or if you have diabetes with a high A1C level, you can receive home-delivered, nutritious meals to help you focus on rest and recovery.



In addition to new benefits for 2021, SummaCare plans include extra benefits not offered by original Medicare such as:

- Dental, Vision, Hearing Aids
- Telehealth Services
- SilverSneakers®
- Over-the-Counter Items*
- Transportation
- Acupuncture Services
- Therapeutic Massage Services*
- Home Safety Devices



Contact a SummaCare Medicare Advisor today

Call **800.801.2516** (TTY **800.750.0750**) or visit summacare.com/shopmedicare for additional ways to get the information you need from the comfort and safety of your home. While most health plans simply want you to join, at SummaCare we make sure you'll want to stay.

*Available with most plans.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. H3660_21_31_M Accepted 09092020



Realizing His *Life's Value*



“The program saved my life.”

After 40 years of anger, frustration and suicidal thoughts that he brought home from Vietnam, Tom Saal knew he needed help. Summa Health's Traumatic Stress Center on St. Thomas Campus was able to help him reclaim his life.

Tom was living his life emotionally devastated, estranged from his family. He was suffering from post-traumatic stress disorder (PTSD) and did not know it.

PTSD is a mental health condition that is triggered by a terrifying event — either experiencing it or witnessing it.

Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Symptoms can last for a few days or weeks or can persist for much longer, such as with Tom.

Tom discovered Summa's program while attending a workshop where Dr. Patrick Palmieri spoke, the director of the Traumatic Stress Center. He committed to the program in 2006, and after a few months of regular attendance, he started gaining relief from his PTSD.

“They made me feel welcome and understood what I was going through. They made me feel I had value and a lot to live for.”

Tom now writes poetry and volunteers with veterans, helping them cope with PTSD and other issues.

“I was born at Summa St. Thomas hospital in 1945. And I was reborn there again in 2006 through the help of Dr. Palmieri and Summa's post-traumatic stress program.”

Tom admits that Summa's program helped him help himself, and served as a springboard and an inspiration for the work he does with veterans today. He believes the closeness he has with his family and the emotional stability he can now carry throughout his day are direct results of the program.

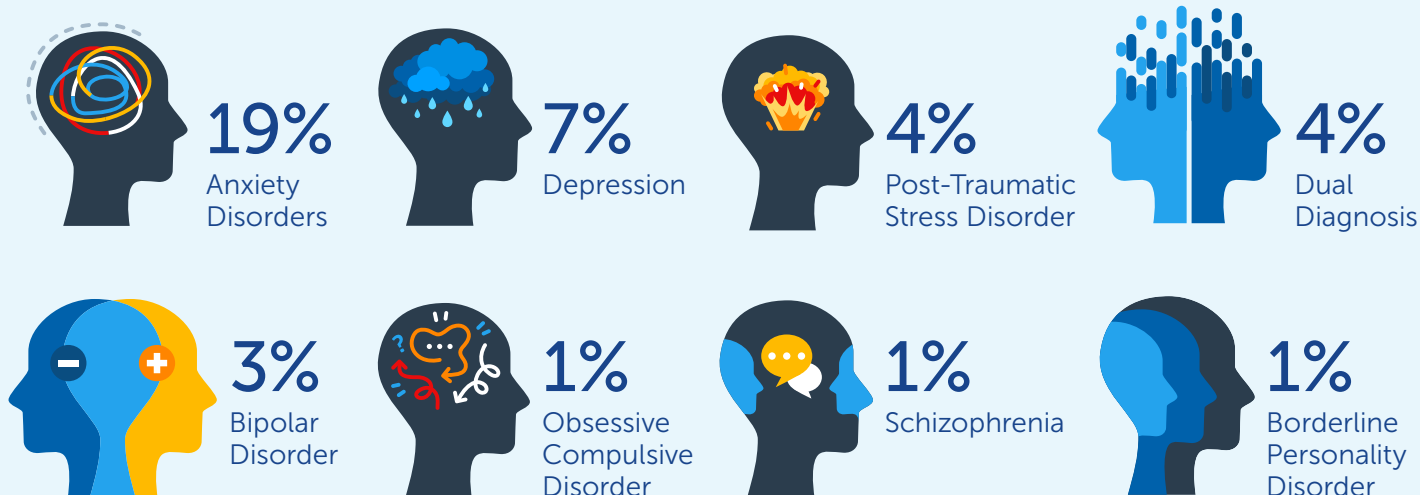
“That program saved my life. And there's no doubt in my mind about it. I would not be around today had it not been for Summa's post-traumatic stress program.”

To learn more about the Traumatic Stress Center at Summa Health, call **888.540.8986**.

You Are Not Alone

Did you know that millions of Americans experience behavioral health, or mental health, problems every year? In fact, 20 percent of Americans experience mental distress at some point in their lifetime, and it can happen at any time.

12-Month Prevalence¹ of Common Mental Health Diagnoses (all U.S. Adults)



Across the U.S. economy, serious mental illness causes **\$193,200,000,000** in lost earnings each year



More than 20 million Americans experience substance use difficulties²



At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue



Common Signs of Mental Distress

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm or kill oneself or making plans to do so
- Severe, out-of-control, risk-taking behaviors
- Sudden overwhelming fear for no reason
- Significant weight loss or gain
- Seeing, hearing or believing things that are not real
- Excessive use of drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still

Get Help

Summa Health Behavioral Health Institute can help individuals experience relief from symptoms and gather new hope and possibilities in their lives. Contact us at **888.540.8986**.



Suicide is the **2nd leading cause** of death for people ages 10 – 34

46% of people who die by suicide have a diagnosed mental health condition



¹ <https://www.nami.org/mhstats> Accessed 7.30.20

² <https://www.samhsa.gov/find-help/prevention> Accessed 7.30.20

Thank You

for supporting Summa Health's healthcare heroes who are making a difference for our community.



By the Numbers: Supporting Summa Health's COVID-19 Response



More than 200

individuals, community partners and corporations donated cash gifts, meals, personal protective equipment, critical care supplies and masks.



More than \$200,000 in community gifts

of all sizes have helped to support Summa Health's COVID-19 response and that number continues to grow.



To join the community

in supporting Summa Health's healthcare heroes, visit summahealth.org/give, call **330.375.3159** or text **Hero20 to 41444**.

For the full listing of those who have generously supported Summa Health's pandemic's efforts, visit the COVID-19 Response Honor Roll at summahealth.org/foundation/coronavirus/donors.

Sewing for Summa

As part of the COVID-19 response, Summa Health volunteers have made more than 35,000 masks and created over 20,000 plastic gowns for healthcare professionals. And we are still collecting donations!

If you are interested in sewing surgical masks, please contact us for a free craft kit. Craft kits include a copy of the sewing pattern and free surgical wrap fabric and/or cotton fabric. To create gowns, you must be at least 18 years old and have completed a Summa Health volunteer application.

For more information, call **330.375.3247** or email volunteer@summahealth.org.



Just “Happy to be Home”

One of the first patients diagnosed with COVID-19 at the Akron Campus shares his story

April 27 was a good day for the Lucas family of Akron. After a month and a half as a COVID-19 patient at Summa Health System – Akron Campus, 80-year-old Archie Lucas finally returned home.

“Back in March, I started feeling tired all the time,” explains Archie. “I usually do a lot around the house, but all of a sudden I didn’t have any energy.” Archie was soon diagnosed with COVID-19 and admitted for treatment at Summa Health.



“I lost about three months due to COVID, I don’t want to lose anything else.”

While his wife Barbara, a local minister, couldn’t be with him at the hospital due to the strict COVID-19 visitation policy, Archie never felt alone. “The Summa doctors and nurses, especially Nurse Angie, were great. Everyone would come in, sit down and explain things to me,” says Archie. “The nurses would walk with me, back and forth, across my room. It was all good – I just wanted to get better.”

Today, Archie is starting to feel like himself again. He’s back to working in his garage, putting all his tools back in place. “I take my breaks and try not to overdo it,” admits Archie. “But I lost about three months due to COVID, I don’t want to lose anything else.”

And, with the continued support of his family and Summa Health, he doesn’t expect to. For more on Archie’s story, visit summahealth.org/care under Infectious Disease.

Barberton Campus Recognized for Nursing Excellence



Photo credit: Ofc. S. Moss



The American Nurses Credentialing Center recently granted Summa

Health System – Barberton Campus, which includes the Summa Health Wadsworth-Rittman Medical Center, Magnet® Recognition.

The Magnet Recognition Program® distinguishes organizations that meet rigorous standards for nursing excellence – placing our Barberton Campus in the top 8% of U.S. hospitals. Less than 40 hospitals in Ohio have received this important recognition!

COVID-19: What You Need to Know

Summa Health provides the updates you need to keep safe and healthy. From informative videos and blog posts to the most current hospital guidelines and office hours, visit summahealth.org/coronavirus.





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Want more info?

Sign up for our free monthly newsletter that's full of general health and wellness tips, Summa Health program updates and more.

Visit summahealth.org/vitality or call us at **888.689.2037** to schedule an appointment.

You can also check out our Flourish blog every week for helpful articles on health and wellness for the betterment of a healthier community.



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*****ECRWSEDDM****


Residential Customer

Join and Stay with SummaCare.

The Time Is Now to Choose Your Health Insurance for 2021



Plans for Individuals & Families

 If you don't have access to group health insurance, you can enroll in a SummaCare Individual & Family health insurance plan during the Open Enrollment Period, November 1 through December 15, 2020.

Plans include:

- Comprehensive medical and pharmacy benefits
- Three FREE office visits per year (on most plans) to your SummaCare primary care physician
- Access to telehealth through Teladoc®, or any provider who offers telehealth
- New for 2021 – Assist America for global emergency travel assistance

If you live in Medina, Portage, Stark or Summit counties, go to summacare.com/individual or call SummaCare at **888.251.7934** for your free quote today.

Get the most for your Medicare dollar!



SummaCare Medicare Advisors can help answer your questions so you can select the coverage that fits your needs. Meet with us in person or virtually.

Visit summacare.com/seminars to view a full listing of upcoming in-person seminars within your community or virtual seminars you can attend from the comfort and safety of your home.

800.801.2516 (TTY 800.750.0750)
summacare.com/shopmedicare

SummaCare is an HMO and HMO-POS plan with Medicare contract. Enrollment in SummaCare depends on contract renewal. For accommodations of persons with special needs at meetings call 888.464.8440 (TTY 800.750.0750). H3660_21_436NS_C 09052020

