



DESTINATION GEAUGA

January brings the snow. Makes our feet and fingers glow.

Why Does My Shoulder Hurt at Night?

By Reuben Gobezie, MD,
Founding Director, Cleveland Shoulder Institute

One of the most common complaints I hear in my office is that a patient cannot sleep due to shoulder pain. It may seem that no matter what side you try to sleep on, it still hurts. Your shoulder may feel stiff or a dull pain may become worse when you raise your arm or shift from side to side. You may also feel a muscle spasm or numbness and tingling in your fingers.

The shoulder is one of the most agile joints of the body, allowing movement in all directions. Because of this, it can be more susceptible to injury. Painful conditions may also arise from overuse due to a specific activity or shoulder motion that you make repetitively. Racquet and ball throwing sports are some of the main culprits, but any repetitive shoulder motion can cause an over-use injury.

Typically, shoulder pain that gets worse at night may be caused by bursitis, tendinopathy or an injury to the rotator cuff.

Bursitis is an inflammation of the bursa, which is a fluid-filled pad that provides a cushion to the bones of the joint. When injured, fluid in the bursa increases and this swelling can be painful.

Biceps tendinopathy is usually the result of long-term overuse and deterioration of the biceps tendon that connects muscles and bones in the shoulder joint. Tendons may also get less flexible as we age, and more prone to injury. Tendinopathy is often part of the aging process. Biceps tendinopathy can give sharp pains in the arm with certain motions like reaching behind you.

Rotator cuff injuries usually involve a tear in these tendons. The rotator cuff includes four muscles that come together as tendons and connect your humerus bone to the shoulder blade. The cuff provides shoulder stability and enables movement. Damage to any one of the four muscles could result in inflammation and swelling and general pain in shoulder. Rotator cuff tears are a very common problem and may result from a fall or lifting something too heavy, too fast. But most tears occur as the tendons wear down over time.

Before you see the doctor

The first course of action is to reduce the swelling and pain. Things you can try at home include:

- Anti-inflammatory medications such as ibuprofen, naproxen or acetaminophen
- Sleeping in a recliner
- Applying ice or heat
- Wearing a compression sleeve
- Discontinuing any activities that may have contributed to overuse of the shoulder

If the shoulder pain doesn't go away or worsens, see an orthopedic specialist. It's important to properly diagnose your condition to ensure

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Find your adventure in Geauga Park District this winter

Bird Banding Hotline

Sometime January-March, 8 AM-Noon
The West Woods, Nature Center

The winter finch forecast is predicting a southern movement of siskins, redpolls, grosbeaks and crossbills this year. Put your name on a hotline list and get a call when we decide to throw up a mist net at The West Woods Nature Center to do some banding at the feeders. Wheelchair/stroller accessible. Registration required. Nature's Not to Be Missed.

Ice Science Drop-In

Thursday, January 3, 1-3 PM
The West Woods, Nature Center

Beautiful! Powerful! Dangerous! Cold! Ice has an amazing story to tell. Kids (and their adults) can drop in anytime between 1 and 3 PM for some hands-on exploration of the science of ice during this winter break program. Wheelchair/stroller accessible.

Burton Christmas Bird Count

Saturday, January 5, 9:30 AM-12:30 PM
The West Woods, Nature Center

Come to the warm, cozy West Woods lobby and help park staff/volunteers count birds at the feeders for the Burton Christmas Bird Count. Our results will be included in the count data for the day. Each year, tens of thousands of volunteers throughout the Americas take part in this long-running wildlife census to assess the health of bird populations. This data is used by Audubon and other organizations to help guide conservation action. Wheelchair/stroller accessible.

Learn to Cross Country Ski
Sunday, January 6, 12-2 PM
Orchard Hills Park, Lodge

Learn the basics of cross country skiing including proper clothing, types of equipment and proper technique. Indoor presentation followed by outdoor instruction. Ski rental available in advance from Geiger's, 50 Shopping Plaza, Chagrin Falls, OH 44022, 440-247-4900. A special rental rate for this program applies: \$17 for pick-up on Friday and return on Monday during business hours. Registration required.

Travelogue: Utah's "Mighty Five"
Sunday, January 6, 2-3 PM
The West Woods, Nature Center

Utah is home to five national parks, collectively referred to as The Mighty Five. Join the Sauder family as they take you through their spring break travels to Zion, Bryce Canyon, Capitol Reef, Arches and Canyonlands National Parks in southern Utah! Wheelchair/stroller accessible.

Fabulous Fungus
Sunday, January 6, 3:30-4:30 PM
The West Woods, Nature Center

This past summer and fall were amazing times for fungus. There were all kinds of sizes, shapes and colors. Learn more about the natural history of fungi and see what kinds we have in Geauga County during this illustrated overview. Wheelchair/stroller accessible.

Gauga Park District Volunteer Orientation
Wednesday, January 9, 2-3 PM & 7-8 PM
The West Woods, Nature Center

Interested in learning more about Geauga Park District's Volunteer Program? Join us for an orientation about the opportunities for volunteers, and begin the application process to become an official volunteer. Paperwork includes background check for ages 18 and up; youth under 14 must volunteer with an adult. Registration required.

Ultima Thule Space Probe
Friday, January 11, 7-8 PM

Observatory Park, Robert McCullough Science Center
Learn about NASA's New Horizons probe, which reaches the distant planetoid Ultima Thule this month. Program followed by night sky viewing using park telescopes until 11 PM if weather permits. Wheelchair/stroller accessible.

Coffee with the Birds
Saturday, January 12, 9-11 AM
The West Woods, Nature Center

Join Naturalist Tami Gingrich as she identifies winter birds at the feeder. Swing by anytime during the hours listed, grab a hot beverage and settle in by the big windows for some close-up viewing. Wheelchair/stroller accessible.

Backyard Bird Feeding Basics
Saturday, January 12, 9:30-10:30 AM
The West Woods, Nature Center

Join Cristin Smith from Nature's Way Bird Products as she presents tips on feeding wild birds, including types of feeders, seed to use, and the best combination to attract the widest variety of birds. Also learn quick and easy squirrel-proofing and enter a raffle to win a free bird feeder. Wheelchair/stroller accessible.

Scout Day: Wolf Cub Scout Paws on the Path
Saturday, January 12, 9:30-11 AM
The Rookery, Great Blue Heron Lodge

Join us as we work on the Paws on the Path Adventure! We'll work on requirements 3, 4, 5, 6 & 7 and take an outdoor winter hike to observe Nature this season. Registration required.

Scout Day: Brownie Girl Scout Outdoor Adventurer
Saturday, January 12, 1-3 PM
The West Woods, Nature Center

Brownie Girl Scouts, join us for winter fun and to complete

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Shoulder pain? We can help.

Innovative care. Superior patient outcomes.

When it comes to your health, selecting the right doctor makes all the difference. Dr. Gobezie is one of the top performing shoulder surgeons in the country. A Harvard-trained orthopedic surgeon, he has again been recognized as a Castle Connolly Top Doctor and is a Patients' Choice Award 5-Year Honoree. His most cherished honor? Returning you to health.



**CLEVELAND
SHOULDER
INSTITUTE**

Reuben Gobezie, MD

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clevelandshoulder.com

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January Events

Jan 4, 11, 18, 25 Fri (5:30pm-7:30pm)

Fish Fry Fridays

Open to public, your choice of Perch, Orange Roughy, Shrimp, Chicken Tenders, French Fries or Home Fries, Salad or Cole Slaw, Bread, Coffee or Tea. Other beverages available, cash bar. TO GO ORDERS AVAILABLE CALL 440-286-9921 Chardon Eagles Ladies Auxiliary | 440-286-9921

Jan 4, 11, 18, 25 (Fri, 4pm-8pm)

Cabin Fever Fridays at the Snö Châlet

Winter blues? Join us in our rustic hideaway the Snö Châlet for indoor/outdoor fun, warm comfort food and beverages, FREE snow tubing with tow lift, ice skating (weather permitting), GIANT board games, activities, wifi, campfire with smores, authentic Belgian Waffles, comfort food, espresso bar and more. Adult supervision is required. *Snö Châlet at Punderson State Park 440-773-2520 • sno-chalet.com*



Jan 5 - 27 (Sat & Sun, Noon - 10pm)

Ma & Pa's Horse Drawn Sleigh & Surrey Rides

Remember the Days of O'le. Dashing through the snow in a one horse open sleigh! Afterwards warm up by the fire with some fresh maple coffee and cookies made by Ma. Shop 'til you drop in our 1820's log cabin. A winter adventure you won't forget. Make a Memory this Winter here at Ma & Pa's! Sleigh Rides are weather permitting, we can take you out in the Carriage or Surrey if there is no snow, Weekday rides are available, Call us for more information! Reservations are Required! Visit Our website for all of the details. www.maandpas.com, 440-548-5521

Jan 5 & 6; 12 & 13; 19 & 20; 26 & 27, (Sat & Sun, 10am-8pm)

Snö Dâys - Winter Weekends

Waffles and winter fun are happening here every weekend regardless of the weather! Indulge in authentic Belgian Waffles made with a special dough loaded with caramelizing sugar topped with local maple syrup, chocolate and other toppings. Come for the food and stay for the fun. FREE snow tubing with tow lift & ice skating, (weather permitting), birthday parties, campfire and smores, indoor/outdoor activities, wifi, espresso bar and more! Adult supervision is required. Punderson State Park Snö Châlet | 4407732520 | sno-chalet.com

Happy Holidays ...

*May your homes be filled with laughter,
your tables with plenty, and your hearts
with **hope** for the New Year.*



Serving Northeast Ohio.



Jan 5, 12, 19, 26 Sat (9am-Noon)

Gauga Fresh Farmer's Market

The **Gauga Fresh Farmer's Market** is a year-round market bringing you the freshest vendor-grown fruit and vegetables to the community. Throughout the season one can also find pasture-fed, non-gmo and conventionally raised beef, pork, lamb, chicken, turkey, pasture-raised eggs, herbs and spices. Small batch coffee, fresh baked goods, jam, jelly, local honey, maple syrup, prepared foods, value-added products & hand-crafted soap.

Lowe's Greenhouse | www.geaugafarmersmarket.com

Jan. 17, 6:30-8:30 p.m.

Wine, women, and wheels

Come and learn from the experts! Frank Lanza of Highway Garage and Auto Body will explain what you need to know about your car. Topics include: How to maintain tires, what is the proper maintenance schedule to follow, how you navigate your insurance after a collision, and how to handle a breakdown on the road. This event will take place at Highway Garage and Auto Body at 8410 East Washington, Chagrin Falls, Ohio 44023. Geauga West Branch Library Registration required, begins Jan 2. Sponsored by Highway Garage and Auto Body.

Jan 20, 2019 (11am-4pm)

Frozen Fest

Join Geauga Park District for this exciting afternoon of winter fun! Many family activities include live ice carving/sculptures, meet-n-greet with sled dogs, live reindeer, snowshoeing, make-n-take crafts, face painting, refreshments and much more! No pre-registration necessary. visit Geauga Park District - The West Woods Nature Center | 440-286-9516 | www.geaugaparkdistrict.org

Jan 25 Fri (5-9pm) & 26 Sat (9am - 5pm)

Ice Festival

On Friday, January 25 from 5 to 9 pm, the Farmpark Ice Festival will kick off with the unveiling of a Farmpark-themed ice chair and an ice carving demonstration. The night will end with a battle between fire and ice! On Saturday, January 26 from 9 am to 5 pm, the best ice carvers from around the country will take part in a speed carving competition. Enjoy many other winter-themed family activities. Lake Metroparks Farmpark | 440-256-2122 | www.lakemetroparks.com/events-activities/events/farmpark-ice-festival

Chardon Kiwanis Ready for New Year



Pictured from front and left are Norma Moses, Jim Media, Carl Farren, Heather Penrod, Jim Kniskern, Joe Miller, Ken Kirchner, Jim Rayl, and Bob Yates.

At a recent meeting the Chardon Kiwanis the leadership team for the 2018-2019 term was elected, new members were inducted, and planning for Maple Sales took place.

The leadership team includes Ken Kirchner serving as President; Jim Rayl and Bob Yates serving as Co-Treasurer and Secretary; Carl Farren, Jim Madea, Joe Miller, Norma Moses, and Bob Yates severing as Directors. In addition, Jim Kniskern and Heather Penrod were inducted as new members. The club is excited to welcome the new leadership team and new members who will lead the club forward in our important mission of helping community.

The club is looking forward to the impending Maple season, which will officially kick off with Taping Sunday on March 3 at 1 PM on the Historic Chardon Square. The

Kiwanis will once again be selling Maple products at the Heritage House starting with Tapping Sunday and going through the Maple Festival. All monies raised will support the scholarships and programs that are offered by Kiwanis in the Chardon area.

"I can't wait for Maple syrup sales in start in March on the Chardon Square in our Heritage House," said President Ken Kircher. "Maple syrup season is one of my favorite times of the year because there are lots Maple sugar, lots of pancakes, and a wonderful Maple Festival April 25- 28."

Anyone interested in the Kiwanis mission to help the world one child at a time is encouraged to attend any meeting or activity of the club. To find out more about the club, please visit www.kiwanisclubofchardon.org or 440-537-7316.

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you're getting the best treatment. A specialist will evaluate your X-ray or MRI and determine a care plan. Non-surgical treatments may include activity modifications, physical therapy and/or a cortisone shot to ease the pain. If there is no improvement in your strength or the injury worsens over time, surgery may be the best option to restore function and alleviate pain.

We're here to help

The Cleveland Shoulder Institute would be happy to evaluate your shoulder condition or provide a second opinion. Call 844-SHOULDR (844-746-8537) to schedule an appointment.

The Cleveland Shoulder Institute treats patients with all types of shoulder and elbow disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries. Led by internationally recognized Orthopedic Surgeon Reuben Gobeze, MD, the institute provides both surgical and non-operative treatments.

Dr. Gobeze is one of the country's top specialists in advanced arthroscopic and open surgical techniques to restore damaged joints, ligaments and bones.



He is also one of the most experienced and highest volume shoulder surgeons in the country. A number of studies have shown that surgical volume, the number of surgeries a surgeon performs each year, is a strong predictor of patient outcome. The more surgeries that a doctor and his surgical team performs, the better the results for patients.

Dr. Gobeze is Founding Director of The Cleveland Shoulder Institute and Regen Orthopedics. For more information, visit www.clevelandshoulder.com

FIND YOUR ADVENTURE FROM PAGE H1

all the requirements for the Outdoor Adventurer Try-It Badge! Dress for the weather, as we will be outside much of program, trying snowshoeing if weather permits! Bring a cardboard milk or juice carton for each participant. Registration required.

Nassau Night Sky Viewing
Saturday, January 12, 7-11 PM
Observatory Park, Nassau Astronomical Station
Observe the wonders of the night sky using this facility's giant research-grade telescope! If weather prevents sky viewing, join us for a planetarium presentation in the McCullough Science Center instead. Wheelchair/stroller accessible.

The Sky Tonight Planetarium Show
Sunday, January 13, 2-3 PM
Observatory Park, Robert McCullough Science Center
Join us for a planetarium presentation about what to watch for in the night sky this week. Building open house 1-4 PM. Weather permitting, also view the sun using our safe solar-viewing equipment. Wheelchair/stroller accessible.

Travelogue: The Island of Rhodes
Sunday, January 13, 2-3 PM
The West Woods, Nature Center
The island of Rhodes is 70 miles off the coast of Turkey in the eastern Mediterranean. It is a hotbed for Mediterranean flora, especially orchids, bird migration, interesting insects and animals, the remnants of bygone cultures and famous beach playgrounds. Join Tom Sampliner, photographer and past Native Plant Society president, for this presentation in conjunction with the Native Plant Society of Northeastern Ohio. Wheelchair/stroller accessible.

Black Bears Returning Home
Sunday, January 13, 3:30-5 PM
The West Woods, Nature Center
Lost with the settlement of Ohio's primeval wilderness, the Black Bear is attempting a comeback in Ohio after a 150-year absence. Discover the "bear facts" about Ohio's largest mammal through illustrations, tracks, pelts and other hands-on activities. Wheelchair/stroller accessible.

Geauga Walkers
Tuesday, January 15, 1-2:30 PM
Beartown Lakes Reservation, North Point Shelter
Join other active seniors on weekly hikes of 1 to 1 ½ miles in Geauga County and the surrounding area. Naturalist leads hikes in Geauga Park District parks. If temperatures are below 20 degrees, call the park to see if the program will still be held. Call Geauga Senior Center for full schedule, 440-279-2137.

Elderberries: Down on the Farm
Thursday, January 17, 1-2:30 PM
The West Woods, Nature Center
Return to Geauga County 60 years ago and experience rural living before the modern era of industrial development. Indoor lecture program with refreshments provided. A collaboration with the Geauga Department on Aging and University Hospitals Geauga Medical Center. Wheelchair/stroller accessible. Registration required.

Astrotots: The Right Stuff! (Ages 3-5 w/adult)
Friday, January 18, 10-11 AM & 1-2 PM
Saturday, January 19, 1-2 PM
Observatory Park, Robert McCullough Science Center
Discover what it takes to get ready for a job in outer space! Interview an astronaut. Engage in out-of-this-world challenges. Lots of fun and photo ops. Wheelchair/stroller accessible. Registration required.

Learn to Snowshoe
Saturday, January 19, 9-11 AM
Big Creek Park, Meyer Center
Learn the basics of snowshoeing including proper clothing, types of equipment and proper technique. Indoor presentation followed by outdoor instruction and a snowshoe hike. Borrow a pair of ours or bring your own! Ages 8+. Registration required.

Winter Ansel's Cave Hike: History Written in Rock
Saturday, January 19, 1-3 PM
The West Woods
Hike with a naturalist two miles to Ansel's Cave to discover its history written in rock – a rare opportunity to go into this restricted area! Held rain or shine. Registration required.

Nassau Astronomy Night with CVAS
Saturday, January 19, 7-11 PM
Observatory Park, Nassau Astronomical Station
Join members of the Chagrin Valley Astronomical Society to take in the wonders of the night sky using our newly restored telescope and discover all this amazing facility has to offer! Wheelchair/stroller accessible.

Frozen Fest
Sunday, January 20, 11 AM-4 PM
The West Woods
Join Geauga Park District for an exciting afternoon of FREE winter fun! Visit <http://bit.ly/gpdspecial> for a complete schedule. Many family activities throughout the afternoon include live ice carving/sculptures, guest appearances by a winter snowman, ice princesses and a popular reindeer herder, live reindeer, snowshoeing, snow-themed crafts, face painting, refreshments and much more! No registration necessary. No doubt this event will help you enjoy and embrace winter weather and fun in Geauga County. Wheelchair/stroller accessible.

Total Lunar Eclipse
Sunday, January 20, 11 PM-3:30 AM
Observatory Park, Robert McCullough Science Center
Ohio experiences a total lunar eclipse beginning at 11 PM on Sunday, January 20. Bundle up and join us for a view using park telescopes, then warm up in the Robert McCullough Science Center. The eclipse lasts until 3:30 AM on Monday, but we'll understand if you only watch the most-dramatic portion between 11 PM and midnight, when the moon is cast into shadow. Wheelchair/stroller accessible. Nature's Not to Be Missed.

X-treme Winter Fun Day (Grades 5-10)
Monday, January 21, 1-4 PM

Orchard Hills Park, Lodge
Have an X-treme amount of winter fun outside with friends! Try snowshoes, bring your sled for some fun downhill rides, learn about winter wildlife and warm up by a fire with hot cocoa and s'mores. Held outdoors, so dress for the weather. This is a drop-off program and all participants must have a signed waiver. Registration required.

Maple Town Tune Traders
Thursday, January 24, 7-10 PM
The West Woods, Nature Center
Format features short performances, then sharing of songs and tunes in the round. All musical genres, instruments and musicianship levels welcome. Come to play, sing or simply enjoy as audience. Snacks to share welcome. Wheelchair/stroller accessible.

Homeschool Days: Geology Rocks! (Ages 5-7 & 8-12)
Friday, January 25, 2-3:30 PM
The West Woods, Nature Center
Homeschoolers, enjoy hands-on fun learning about rocks and other geology topics. Adults may attend (need not register) or drop off child with waiver. Indoor program followed by outdoor exploration for rocks, so dress for the weather. Registration required.

Lake Erie Birding Van Trip
Saturday, January 26, 9 AM-4 PM
Big Creek Park, Meyer Center
Look for rare gulls, ducks and other water birds along Lake Erie's frozen shoreline with expert birder John Pogacnik. Restaurant stop lunch break. Bring binoculars; spotting scopes provided. Registration required.

Timbertots: Nature Trackers (Ages 3-5 w/adult)
Saturday, January 26, 10-11 AM
Monday, January 28, 10-11 AM & 1-2 PM
Claridon Woodlands, Judge Lester Taylor Lodge
Join Nora the Explorer and become Nature trackers, searching for signs of animals in the wintertime! Registration required.

Bring In Your Telescope
Saturday, January 26, 4-6 PM
Observatory Park, Robert McCullough Science Center
Do you have a telescope but feel unsure of how to set it up and use it? Drop by anytime between 4 and 6 PM and we'll help get you started! Wheelchair/stroller accessible.

Nassau Night Sky Viewing
Saturday, January 26, 7-11 PM
Observatory Park, Nassau Astronomical Station
See description for January 12. Wheelchair/stroller accessible.


The Sky Tonight Planetarium Show
Sunday, January 27, 2-3 PM
Observatory Park, Robert McCullough Science Center
See description for January 13. Wheelchair/stroller accessible.

Travelogue: Birding Mongolia
Sunday, January 27, 2-3 PM
The West Woods, Nature Center
Join Dot Bambach upon her fulfillment of a decades-long dream to visit Mongolia. From windswept steppes to snowy mountain lakes and the Gobi Desert, Mongolia is a country with a great variety of both habitats and birds. It also has a long and fascinating history and a rich cultural tradition, all of which will be addressed in this presentation. Wheelchair/stroller accessible.

Otters & Eagles, Etc.: The Wildlife of Bass Lake
Sunday, January 27, 3:30-4:30 PM
The West Woods, Nature Center
With a quiet canoe, camera, coffee and patient observation, Nature enthusiast Chris Parker has documented the wonderful wildlife that occurs at Bass Lake Preserve. Join him to share close encounters with Bald Eagles, river otters, mink, osprey, swans, loons, Prothonotary Warblers and much more. Wheelchair/stroller accessible.

Timbertots: Nature Trackers (Ages 3-5 w/adult)
Monday, January 28, 10-11 AM & 1-2 PM
Claridon Woodlands, Judge Lester Taylor Lodge
Join Nora the Explorer and become Nature trackers, searching for signs of animals in the wintertime! Registration required.

Geauga Walkers
Tuesday, January 29, 1-2:30 PM
Claridon Woodlands
Join other active seniors on weekly hikes of 1 to 1 ½ miles in Geauga County and the surrounding area. Naturalist leads hikes in Geauga Park District parks. If temperatures are below 20 degrees, call the park to see if the program will still be held. Call Geauga Senior Center for full schedule, 440-279-2137.



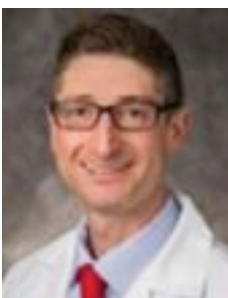
University Hospitals

Gauga Medical Center

Haas, Haas + Associates


Congratulate UH Geauga Medical Center's

Heroes of the Month




Dr. Judah Friedman

Dr. Judah Friedman is a Physician in the Oncology department. Six months ago, another physician here at Geauga, father-in-law was diagnosed with cancer. He accompanied his father-in-law to his first appointment with Dr. Friedman. Dr. Friedman took over an hour with them, explaining everything from the disease, to the potential treatment options, the side effects of each, chances of survival, tumor markers etc. Dr. Friedman was described as being the most caring, most understanding, most compassionate physician that this other physician had ever interacted with. Since then, numerous interactions have occurred between the family with Dr. Friedman in regards to the care of the father-in-law. Each time, Dr. Friedman has been extremely compassionate, hopeful, caring and taking all of the time in the world with the family. Dr. Friedman continues to make impactful interactions with each family he encounters, he is an everyday hero here at GMC. We are lucky to have him on our staff to support or team and to help further support our patients.




Simone Washington

Simone is Financial Clearance Representative in our patient access department. Simone started at UH Geauga Medical Center in July 2015. She began reviewing encounters for the cardiology and Vascular at GMC and the Concord Health Center locations. In the last 6-8 months Simone's role has evolved to include Cardiology, Vascular, Cath Lab and Ambulatory Surgery encounters. Simone's role in 2018 has become a key integral part in Patient Access and to the hospital. Simone's knowledge and sense of ownership of task is commendable. She understands the reality that it's a person who is need of care she is helping, not just completing a process as part of the job. Simone is also a member of the Department's Engagement Team and is also found working at the East Desk whenever coverage is needed. Simone's laughter and smile is a great asset to the Patient Access Team, and she is joy to work with.



Thomas Ferroni


Thomas is a paramedic in our ER department. Thomas is the ultimate professional. He comes to work daily with a great attitude and continually holds himself to a very high standard. Tom shares knowledge with his peers, patients, family members and students, in a way that is informative and effective, as well as being compassionate. He is never too busy, tired, hungry, to lend a hand to someone in need. He establishes a rapport with his patients from the first contact and builds on that thought throughout their stay. He has taken on many tasks on his own, to increase the effectiveness of the workflow for himself and his coworkers. One example is without hesitation he volunteered to rearrange and organize the IV carts with the latest best practice items for collecting, blood cultures in an attempt to decrease contamination rates. Tom has recently been recognized by the EMS educators for the exceptional work he is doing helping to train the latest group of paramedic students. We are happy to have Thomas on our team here at Geauga.




Debbie Platt

Debbie is a RN on 2 South. Debbie is a very valuable member of our UH Geauga team. As an RN on 2 South she is completely dedicated to providing excellent, comprehensive, compassionate care to her patients and is often found taking the time to just simply get to know them and their stories. She is knowledgeable and has great interpersonal skills and places emphasis on providing patient and family education which she does so well. She is a listener and a friend to all that may have the pleasure of coming into contact with her. Debbi also is a team player who on a recent most challenging day on 2 South took the time to individually recognize, her peers on a great day of teamwork. She also exhibits teamwork through her willingness to fill in for the wound RN and diabetes educator when she needs time off. Through this she shows she is eager to seek new experiences and to learn and grow as a medical professional. We are so lucky to have Debbie with all her talents and skills as a part of our UH Geauga team!

Each Hero will receive a gift certificate courtesy of

 and William R. Haas.




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