

A publication of Fulton County Health Center

Health *Centering*

Taking Ownership of Your Health Information

FCHC's FollowMyHealth™ Patient Portal

Volume 30, No. 4 Fall, 2014



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

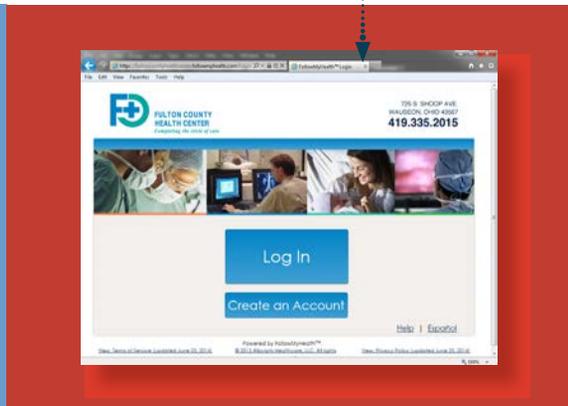
Suppose you were traveling on vacation somewhere when a sudden health crisis compels you to go to the nearest hospital Emergency Department. The doctor asks you if you have had any recent health issues and if any medical tests have been performed within the past two months. You think for a minute and then respond, “I did have some issues, and I had all kinds of tests done at my hospital. But I can’t remember what tests were done or all of the results of those tests.”

In the past that would mean the hospital Emergency Department staff would have to spend precious time scrambling to contact your hospital and to try to learn the results of those tests. But today there’s a much simpler solution to accessing the results of your lab tests.

The solution is an online patient portal system that allows patients to access their medical records from anywhere in the world, provided they have access to the Internet.



TAKING OWNERSHIP OF YOUR HEALTH INFORMATION



The advent of patient portals is a nationwide trend that is being embraced by hospitals, physician offices and other health care providers. FCHC began offering their patient portal - FollowMyHealth™ Universal Health Record - on July 1st to inpatients and those patients in observation. It is a system that is certain to make it easier for patients to take ownership of their personal health information.

BENEFITS TO THE PATIENT

“Patient’s don’t have to sign up for the patient portal at Fulton County Health Center,” says Rachel McManaman, RHIA,



Jahannah Goehler, Registration Specialist, assists a patient with how to log into FCHC’s FollowMyHealth™ patient portal.

CHPS, FCHC Director, Health Information & Privacy Officer. “But if they do there are many positives that patients can take from establishing their own patient portal. First, they have a sense of ownership of their health information by establishing and using the patient portal. Second, they become more aware of their health condition and issues that arise. The third is the aspect of continuity of care. They can look at their lab results online and form questions to ask their doctor on their next follow-up visit after the tests. Finally, they can access their medical information right from their doctor’s office while they are visiting with their physician.” McManaman says lab,

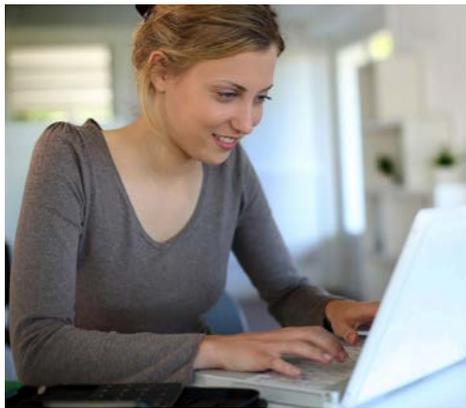
radiology and other test results are still sent directly to the primary care physician, but the patient portal makes it convenient and quick to access.

WHAT IS IN THE PATIENT PORTAL?

Any results from testing done at FCHC is uploaded to the FollowMyHealth™ patient portal within 36 hours of the results becoming available. This includes patient demographic information (age, height, weight, etc.), laboratory and radiology test results, and notes from all physicians who had direct contact with the patient. The portal also includes a patient health summary from their visit to FCHC.

“We’re proud of the fact that the medical information we include in our patient portal is more comprehensive than information contained in the patient portals of larger metropolitan hospitals,” says McManaman.

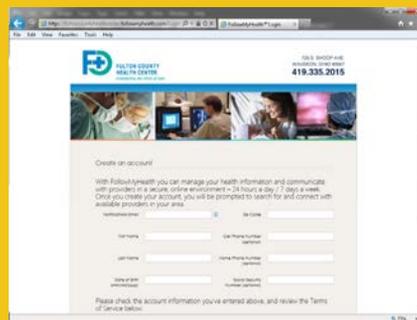
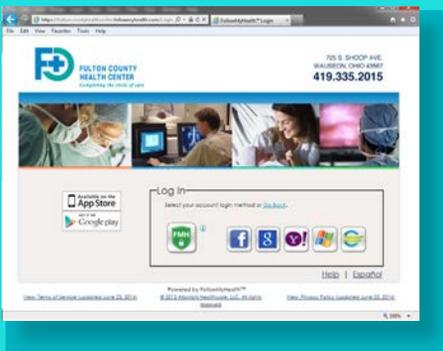
contains information provided by Fulton County Health Center. So, for example, the results of visiting your family physician are not contained in the FCHC patient portal. “Each physician has their own app that is applicable to their medical records system, and many physicians are beginning to offer their own patient portals,” says McManaman. “But, the patient can take the medical information from their physician’s patient portal and upload it to the FCHC FollowMyHealth™ patient portal, and thereby create their own comprehensive Personal Health Record. This aspect is 100% patient-driven.”



Once your identity has been validated in person by an FCHC registration staff member and you have provided your email address, you will then receive an email with instructions directing you to a link or web site that will allow you to sign up for the patient portal. A 4-digit security code will be included in that email. Once you’ve arrived at the link or web site, you will be asked to establish your own unique username and password. Neither the username nor the password are known by FCHC or the FollowMyHealth™ system. After setting up your patient portal, you should bookmark the patient portal link so you have quick and easy access to it in the future.

SECURITY

How secure are your medical records in the patient portal? “They are as secure as your online banking system and as secure as ordering items with your credit card on a secure web site,” says Larry Hefflinger, FCHC Information Systems Director. “In fact, I am



Currently outpatient test results are not uploaded to the patient portal, but FCHC staff is working to move in that direction so all patients – inpatient, outpatient, and those admitted for observation – will have the opportunity to view their health tests and physician notes through the patient portal system.

CREATE YOUR OWN PERSONAL HEALTH RECORD

It’s important to note that the FCHC FollowMyHealth™ patient portal only

HOW TO SIGN UP

First, you must be 18-years-old or older to qualify for a FollowMyHealth™ patient portal. If you meet that requirement and visit FCHC for testing or admission, you will be asked during the registration process to show your photo identification to prove you are who you say you are. Then, you will be asked if you want to create a patient portal. If the answer is “yes,” you need only provide your email address. You can also sign up to be an approved proxy for a loved one’s patient portal following the same process. Furthermore, you can also sign up at any time for a patient portal at the FCHC Health Information Department.

much more comfortable using my own patient portal than handing my credit card to a teenage waiter or waitress and watching as they disappear behind the wall to process my transaction.” Hefflinger notes that patients should always remember to sign out of their patient portal account when they are finished accessing it to prevent unwanted eyes from viewing the information. “It is especially important to sign out of your patient portal if you are using a public computer, such as at the library, to access the portal,” says Hefflinger. (Continued on page 4)

TAKING OWNERSHIP OF YOUR HEALTH INFORMATION

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He notes that the FCHC FollowMyHealth™ patient portal system is a fully secured and encrypted site. The site also follows all HIPAA (Health Insurance Portability and Accountability Act) regulations as well as state and privacy standards.

ANYWHERE, ANYTIME ACCESS

FCHC's FollowMyHealth™ patient portal is free, and it's available 24/7 to FCHC patients from any computer, tablet, or smart phone. "This system will allow each patient to take a more proactive role in their health care," says Patti Finn, FCHC CEO. "Our goal is to use today's technology to reach out to patients and improve communications with them and their health care providers."

For more information about the FCHC FollowMyHealth™ patient portal, contact Rachel McManaman, RHIA, CHPS, FCHC Director, Health Information & Privacy Officer.

FollowMyHealth™ Patient Portal - A Snapshot

What It Is: An online, innovative tool that provides access to your FCHC medical records

Cost: None, it's free

Availability: Can be accessed 24/7 from any computer, tablet or smart phone

Security: Fully secured and encrypted; follows HIPAA, state and privacy regulations

Benefits: Take ownership of your health information and improve communication between you and your health care providers



Outpatient therapist David Hammersmith, LISW-S, counsels a client.

Stress Unit Has New Name

Since 1981, the professionals at the Fulton Stress Unit have been helping clients deal with their behavioral and emotional life problems. Recently, the Stress Unit adopted a new name to better reflect the offering of both adult and now geriatric services as FulCare Behavioral Health.

"When the Stress Unit opened in 1981 it was just an inpatient unit," says Steve McCoy, FCHC Director of Marketing. "But since then we've expanded the unit to offer a full spectrum of adult behavioral health services, and now we've added geriatric services. The name change reflects that broad range of services." McCoy says the word FulCare refers to two references in its name. One is to Fulton County Health Center and the care it offers by playing off the word "Fulton". This identifies it as a service of the Health Center, while also identifying the expanded full line of adult services offered in behavioral health care including geriatric behavioral health. The name also alludes to the Health Center's "Completing the circle of care" tagline it began using when it added nursing home services with the opening of Fulton Manor in 1995.

Outpatient Services

The FulCare Outpatient Program offers a multi-disciplinary array of services. The staff includes four Psychiatrists, a Nurse Practitioner, Licensed Independent Social Workers (LISW-S), Professional Clinical Counselors (PCC), an Independent Marriage and Family Therapist (IMFT), Licensed Social Workers (LSW), and a Licensed Practical Nurse (LPN).

The Outpatient Program provides quality individual, family and marital counseling, along with medication management for clients 18 years and older who are seeking help for a variety of mental health issues. Clients receive

focused individualized treatment with minimal disruption to their normal routine.

Adult Partial Hospitalization/ Adult Intensive Outpatient

In 1989, the Stress Unit developed a program to bridge the gap between inpatient and outpatient treatment. The program - Partial Hospitalization - provides intensive treatment to patients while allowing the individual to continue with normal daily activities. In the Partial Hospitalization



The FulCare Adult Outpatient and Adult Partial Hospitalization team provides outpatient treatment for those 18 years of age and over. The team consists of four Psychiatrists, a Nurse Practitioner, Licensed Independent Social Workers (LISW-S), Professional Clinical Counselors (PCC), an Independent Marriage and Family Therapist (IMFT), Licensed Social Workers (LSW), and a Licensed Practical Nurse (LPN).

Geriatric Behavioral Health Services

Program, participants visit the unit from 9:00 a.m. to 2:30 p.m., Monday through Friday to participate in group and individual therapy as well as medication management. Members return to their homes each day, with limited interruption to their normal family environment.

FulCare Behavioral Health also offers an Adult Intensive Outpatient Program in conjunction with the Partial Hospitalization program, Monday - Friday from 9:00 a.m. to 11:45 a.m. This program provides intensive individualized treatment while allowing clients to maintain normal home and work schedules in many cases.

Geriatric Care

In addition to Adult Outpatient and Partial Hospitalization Programs, FulCare Behavioral Health is transitioning its adult inpatient unit into a Geriatric Behavioral Health Unit and is also establishing a dedicated Geriatric Intensive Outpatient program. To aid in the transition, FCHC has contracted with Liberty Healthcare Corporation to establish a new Inpatient Geriatric Unit and a Geriatric Intensive outpatient Program (see related article).

FulCare Offers Solutions

If you are struggling with feelings of



depression, anxiety or other mental health issues, FulCare Behavioral Health offers solutions. FulCare is located on the fifth floor of the Fulton County Health Center at 725 S. Shoop Avenue, Wauseon, Ohio. Initial evaluations and

assessments are offered free by appointment to determine the appropriate level of service for the patient. For more information, call The FulCare Behavioral Health Program at 419-337-8661.



FulCare now offers focused Geriatric Inpatient and Intensive Outpatient behavioral health services to those ages 65 and older. Pictured: Geriatric Behavioral Health Inpatient and Intensive Outpatient staff.

Not only does the Fulton Stress Unit have a new name (FulCare Behavioral Health), but it has also added a new service that will target elderly individuals. FCHC has contracted with Liberty Healthcare to provide Geriatric Behavioral Health Services.

“The health care needs of older Americans are unique to that population, and we felt it was important to target this growing segment,” says Patti Finn, FCHC CEO. “Liberty Healthcare was a good fit for us because of their 25 years of providing behavioral health care management services to hospitals across the United States.”

Elderly patients pose unique problems to mental health professionals since it is often more difficult for them to express their needs to caretakers. They may also experience other physical, adaptive or cognitive limitations and are often taking several medications for ailments.

“Liberty Healthcare specializes in meeting the physical and emotional needs of elderly patients in an empathetic and respectful manner,” says Peter Ulasewicz, Liberty Healthcare Senior Vice President,

Development. “Our goal is to provide a physical environment that is comfortable and safe and will accommodate the needs of the elderly.”

Finn says Liberty Healthcare will manage the Geriatric Services, but staff members will include many of the professionals who previously worked Adult Inpatient at the Fulton Stress Unit.

Inpatient Geriatric Behavioral Health

The inpatient program is designed for patients age 65 and older who are experiencing emotional distress that hinders their ability to function on a daily basis. Their inability to experience joy or to overcome grief, loss or anxiety can pose a serious health threat later in life. Some may experience restlessness and agitation that leads to negative behaviors toward others or even themselves. In addition, elderly patients struggling with Alzheimers may experience debilitating episodes of behavioral change.

Many of these symptoms can be successfully treated through an individualized treatment plan based on a comprehensive medical and psychological evaluation. The treatment team is led by a Psychiatrist and includes skilled nurses, social workers, therapists and other

(Continued on page 6)



Geriatric Behavioral Health Services

(Continued from page 5)

support personnel. In addition, medication can be prescribed that provides more immediate relief of symptoms while allowing the treatment team to use other therapies to support the medication. The goal is to reduce or eliminate debilitating symptoms while helping the patient and family with effective post-discharge strategies. Most patients are in the program from 8 to 15 days prior to returning home.

Geriatric Intensive Outpatient Program

This program is for individuals who are age 65 years and older, who do not require 24 hour monitoring and who are experiencing depression, anxiety, agitation or confusion but who are able to successfully manage those feelings. It is a Monday thru Friday daytime therapeutic program staffed by qualified nurses and therapists. Patients benefit from group and individual therapy, health education and health maintenance activities. The staff emphasizes self-worth and self-respect to deal with depression, loss, anxiety and other mood disorders. Patients learn coping skills that allow them to participate and enjoy everyday activities. Their progress is monitored by a psychiatrist in conjunction with the treatment team. The goal of the program is to provide intensive treatment during early stages of increased emotional distress with the goal of reinforcing coping skills and avoiding hospitalization. The program can also be helpful to patients who have completed treatment in the Inpatient Geriatric Behavioral Program. Admission is based on an assessment by a psychiatrist and the treatment team. Patients typically participate for several weeks or longer, on either a full or part-time basis.

Accessing Geriatric Behavioral Health

The Inpatient Geriatric Behavioral Health Program conducts assessments and accepts admissions 24 hours a day. Assessments for the Geriatric Intensive Outpatient Program are scheduled Monday thru Friday. For more information or to schedule an assessment, please call 419-330-2775.



Here's a disturbing statistic. Ohio has one of the worst infant mortality rates in the nation.

In 2011 our state was ranked 47th in terms of infant mortality. The infant mortality rate is the number of babies who died in their first year of life, per 1,000 live births. In 2012 Ohio had an infant mortality rate of 7.6 deaths per 1,000 babies. Although many health care professionals in the state have been working tirelessly to improve the statewide rate, Ohio continues to fall behind nationally.



As a result, the Ohio Hospital Association is engaging hospitals across the state to participate in its “Safe Sleep is Good4Baby” campaign, and Fulton County Health Center is joining the effort. The initiative will focus on the importance of safe sleep for infants as well as other factors. The goal is to reduce the infant mortality rate by five percent each year from 2014-2016, ultimately improving Ohio’s infant mortality rate to less than 6.0 by 2020.

“We’re in the process of putting in place our plan to educate parents about taking steps to reduce the chance of infant death,” says Peg Short, RN, FCHC OB Patient Education Coordinator. “One of the major focuses will be on the preferred method of infant sleep. We will begin with handing out Safe Sleep Kits after delivery and explaining the importance of creating a safe sleep environment and placing babies on their backs to sleep.”

The Ohio Department of Health has three specific guidelines for infant sleep:

- Alone:** Always put the baby in crib alone. They shouldn’t sleep in a bed or have anyone else in their crib.
- Back:** Always put the baby on their back to sleep - at night or even when they’re just napping.
- Crib:** Always make sure they have a firm mattress and that the only thing on their mattress is a fitted sheet. No blankets or stuffed animals.

FCHC will have more information and guidelines about the Safe Sleep is Good4Baby campaign in our Winter 2015 issue of this newsletter.



35 Years of Offering H.O.P.E.

The year was 1979 when several FCHC nurses stepped up to identify a new health service they felt needed to be offered to parents and families experiencing the loss of a child. And thus was formed the H.O.P.E. program – an acronym for Helping Other Parents Experiencing grief.

Thirty-five years later, the H.O.P.E. program continues to assist grieving families the third Monday of every month at 7:30 p.m. in the FCHC Ground Floor Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, or adult children due to illness, an accident or suicide.

The program is run by Patricia Franz Pahl, LSW LCDC III. “I have structured H.O.P.E. so that it is a very welcoming, casual and informal program,” says Pahl. “We follow a philosophy of ‘companioning,’ where we walk alongside the participants on their difficult journey.” Pahl has been coordinating the H.O.P.E. program for the past four years and has been involved with the support group for eight years. She has also spent 11 years working in the FCHC Stress Unit working with inpatient and outpatient clients.

“One aspect of our H.O.P.E. support group is that we integrate hands-on, memorable projects into the program to help participants along the journey,” says Pahl. “One example is the development of stepping stones created by parents in memory of their lost child. These stepping stones are placed in the Remembrance Garden at the family home.” Other projects include the release of butterflies at the group’s annual summer picnic, casting leaves in memory of lost loved ones, and the creation of prayer flags.

“By far the greatest attendance occurs at our December Remembrance Service, where we usually have up to 100 attendees,” says Pahl. “Our family style summer picnic is also popular.” Pahl says the monthly meetings usually include five to 10 attendees. “At our monthly meetings we encourage side-by-side conversations between attendees, because we have found conversations between parents who have lost a child go a long way to helping them heal. We also encourage people to attend other support groups offered in the community if they feel they need support more than once a month through our H.O.P.E. program.”

FCHC also offers H.E.L.P. (Helping Each other Live Past a suicide), a support group that meets the third Monday of every month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. Pahl is also the coordinator for the H.E.L.P. program.

For more information about FCHC’s H.O.P.E. or H.E.L.P. programs, call Group Coordinator Patricia Franz Pahl, LSW LCDC III at 419-330-2757.

Message from the CEO

Throughout the years that I have been in the health care field, there has never been a better time than now for individuals to take charge of their health. Thanks to technology, we are able to take a step forward in helping patients keep track of their medical records through our patient portal. Our lead story discusses the benefits to you of our patient portal and how it works. Take time to read the article and learn more.



In this issue we cover a lot of different topics. Our Fulton Stress Unit has undergone a name change - FulCare Behavioral Health - to better reflect the broad scope of mental and behavioral health services it offers. We are also expanding the unit to offer Geriatric Behavioral Health Services to assist those who are age 65 and older.

We welcome to our medical staff Arunkumar Baskara, MD, MRCS, a General Surgeon. Dr. Baskara is also an Assistant Professor of General and Laparoscopic Surgery at the University of Toledo Medical Center.

We are pleased to introduce our “new” anesthesia group, Northern Anesthesia Providers, N.A.P., is sort of new – it is owned and operated by two familiar anesthesiologists who have been working at FCHC for the past few years. Chris Buehrer, CRNA and Jason Sprow, CRNA are the principal owners and were raised in this area. They understand our local culture and remain active in the community. Take a moment to learn more about them here.

Our H.O.P.E. (Helping Other Parents Experiencing grief) program celebrates its 35th anniversary this year. We thank our dedicated staff for providing the needed support for parents who have lost a child.

Infant mortality in Ohio is a serious concern, and we have joined efforts with many other hospitals across the state to begin implementing a plan to reduce the incidence of infant death.

Several FCHC staff members are kicking off a clever new way to raise money for cancer patients with their “Cups Full of Cure” “Fight Against Cancer” fundraiser. It’s a great example of how our staff go beyond just providing medical care to patients. Please learn more about the fundraiser in this newsletter and support the effort if you can.

Finally, our cafeteria has been remodeled, and we are now offering many new food choices to our guests who visit. Check it out!

Best Regards,

Patti Finn

Patti Finn,

Fulton County Health Center
Chief Executive Officer

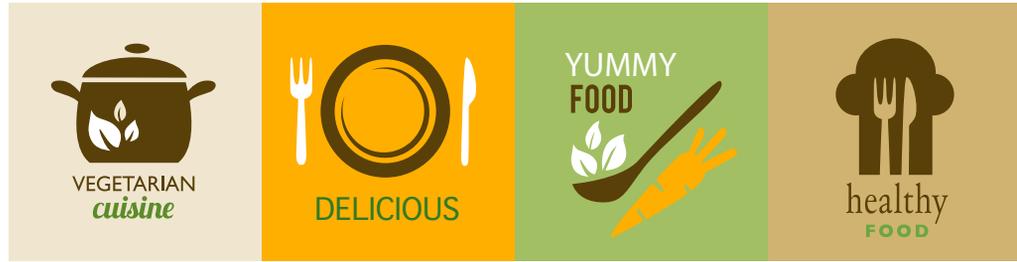
If you haven't visited the FCHC Cafeteria recently, you would be surprised at the many positive changes to the featured foods as well as to the physical facility.

The cafeteria now includes four main food stations, each offering its own unique type of food:

- 1 ACTION STATION** - where a new food dish is cooked daily in front of the customer
- 2 THE DELI (SANDWICH STATION)** - featuring four different pre-made sub sandwiches each day
- 3 EXPANDED SOUP & SALAD BARS** - offering more toppings, especially those high in protein
- 4 RENOVATED TRAY LINE** - featuring hot entrees in smaller pans, just like at home

The new food choices began this past January when the Health Center contracted with Aramark Food Services to handle its food preparation. "When I came to FCHC in January with Aramark, we began making changes, beginning with the introduction of our Action Station," says Bev Adamson, FCHC Food & Nutrition Services Director. "Our efforts ramped up on July 7th when a few walls were knocked down to allow us to redo our salad bar. Our overall goal is to offer a much broader choice of foods each day, and to make those options healthier."

The new Action Station focuses on the preparation of lunch items, but recently breakfast foods have been offered some days. Examples of lunch items prepared fresh daily are: Beef and broccoli stir fry, a cranberry nut salad, a chicken asiago sandwich, a grilled cheese sandwich with four types of cheeses, a bratwurst on a pretzel roll, and various types of sandwich wraps. "We'll offer one item per day at the Action Station," says Adamson. "We have so many different food options to offer that it could be more than a month for that item to make it back to the Action Station."



CAFETERIA SEES MAJOR CHANGES



The Renovated Tray Line features hot entrees served in smaller pans, just like at home. Pictured: Teresa Schultz, Cafe Manager and Katrina Van Slyke, Cashier.

The new Deli, or Sandwich Station, offers four different types of pre-made sub sandwiches. Typically those options include a chicken, beef, veggie, or fish sandwich. The pre-made sub sandwiches can be toasted or grilled, and customers have the option to choose a variety of toppings.

Strategically located next to The Deli is the revamped Soup Station, where two different types of soups are offered daily.



The new serving line offers many more choices for FCHC employees and guests.

The Salad bar also has a whole new look. **“Individuals who eat salads are typically trying to eat healthy, so we’ve added things like fruits, nuts and beans as toppings,”** says Adamson.

The traditional Tray Line of hot entrees remains, but items are now cooked in smaller pans, like those found in homes. “It gives it an entirely different look, less institutional,” says Adamson. “Plus we’re moving towards more healthier hot entrees.”

Four television monitors have been installed around the cafeteria, showing the menu items for that day. A fountain pop machine was also added to the regular offerings of water, milk and coffee. “We’re planning to offer a Pizza Station soon, which we expect will be popular,” says Adamson. No changes were made to the dining room section of the cafeteria.

Adamson has worked around the country for a variety of food service contractors, and she is happy to be back where she grew up (Pettisville) and where her family members still live. She moved back to the Toledo area six years ago and began working at FCHC in January.

“I’ve worked for a variety of food service companies for more than 25 years, in different types of health care facilities, throughout the United States,” says Adamson. “I learned a lot through all of those years in the food service industry, what’s popular and what is not liked. I’m using that experience and knowledge to introduce new food choices and ideas at FCHC for our patrons.”

The FCHC Cafeteria is open to the public as well as for guests of the Health Center and employees. The hot line is open from 8:00 a.m. - 10:00 a.m. for breakfast, 11:00 a.m. - 1:30 p.m. for Lunch, and 4:15 p.m. - 5:45 p.m. for dinner. Deli, Soup, Salad & Grab and Go food is available from 8:00 a.m. - 6:30 p.m. and 1:00 a.m. - 2:30 a.m. for the late night crew.



An expanded Salad Bar offers more toppings, especially those high in protein.

FCHC Food Services Serves the Community

In addition to preparing food 365 days a year for guests and employees of the Health Center, the FCHC Food & Nutrition Services (FNS) Department also supplies hot lunches to children of Fulton County. The food is prepared and served through the Northwest Ohio Community Action Commission’s Summer Food Services Program. Free cooked meals and activities are offered during the summer for children ages 1-18, Monday through Friday. In June FCHC provided 935 meals for the Summer Food Services Program. That number jumped to approximately 1500 lunches in July. The meals are provided at two locations: Reighard Park, Potawatomi Shelter House, Wauseon; and West Elm Apartments, Wauseon.

The FNS Department also provides food through Meals-on-Wheels for individuals requiring modified diets. The number of meals provided ranges from 230 to 300 meals per month.



Road to Wellness Conference

The 6th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 7, 9:30 a.m. - 2:30 p.m. at St. Caspar Church Parish Life Center, Wauseon. The event is free and is sponsored by the Fulton County Aging Consortium. FCHC will provide free blood glucose and blood pressure screenings for attendees throughout the day. Flu shots will also be available throughout the day from the Fulton County Health Department. In addition, speakers will address the following topics: AARP Driver Safety Car Fit, Improving Mental Health, Improving Cardiovascular Health, Obesity, and Improving Health Through Fitness. Pick up a registration form at the Fulton County Health Department and all Fulton County Senior Centers, or by calling the Fulton County Health Department at 419-337-0915.



Community Health Day/ Fulton County Day at Sauder Village

FCHC will be the sponsor for Community Health Day and Fulton County Day at Sauder Village in Archbold on Saturday, Oct. 18, 10:00 a.m. - 5:00 p.m. Fulton County residents will receive free admission to Sauder Village that day by showing their ID. FCHC employees, who are not Fulton County Residents, will also receive free admission by showing their FCHC ID badge. FCHC staff members, as well as health and wellness professionals from other organizations, will be on hand to provide various health screenings and information. Watch your local papers for more details.

Dinner With the Nurse Practitioners & Physician Assistants

Join FCHC Nurse Practitioners & Physician Assistants for a free dinner and program focusing on the role of these health care professionals in delivering medical care to patients. Tues., Oct. 21, 5:00 p.m. check in, 5:30 p.m. dinner and 6:00 p.m. program. For more information, call the FCHC Corporate and Community Health Promotion Department at 419-330-2735.

FCHC Heart & Vascular Center Adds Technology

Implantable Loop Recorders are the newest technology to be added to FCHC's Heart & Vascular Center. The recorders, which are 4.5 cm long x 0.5 cm wide, are heart monitors that are inserted beneath the skin. They allow FCHC physicians to diagnose difficult to detect cardiac arrhythmias for patients with syncope, palpitations, stroke, and suspected atrial fibrillation. Wireless transmission of data is sent from the recorder to the physician for interpretation and diagnosis. The procedure is performed under local anesthetic in the Heart & Vascular Center. Each monitor can remain implanted for up to three years.

Auxiliary Golf Outing a Success

Our 15th annual golf tournament was held on Thursday, June 5. It was a terrific day for golf, and 34 teams from the community joined us. After golfing, participants enjoyed a chicken BBQ dinner in the Health Center's Beck Meeting Room. There, they browsed through the more than 150 Silent Auction items. More than \$33,000 was raised that day through the golf outing and silent auction. The proceeds from this event were used to purchase a high-tech cardiac rehab monitoring system. The FCHC Auxiliary is delighted to bring the latest technology to our recovering patients. The Auxiliary thanks all who took part in this event and hope to see you next year.

Auxiliary Events

September 10-11

Gabriel and Associates Sale - Christmas ornaments pictures, scarves, etc.

September 24-25

Passion for Fashion - purses, clothes, fashion accessories

October 16-17

\$5 jewelry sale - all jewelry is \$5 each

October 27-29

Books are fun - books, gifts, toys, cards

November 13

Nurses Edge - scrubs and nursing accessories

November 17-18

U Be Dazzled - jewelry, beads, house products, gifts, misc.

December 4

Poinsettia Sale -
order dates: Oct. 13-Nov. 10

Volunteer Opportunities

Have you considered becoming a volunteer? Positions are available at both our main campus or at Fulton Manor. To find out more contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695 or for Fulton Manor, Tammy Miller at 419-335-2017, Ext. 2798.





Chris Buehrer, CRNA (left) and Jason Sprow, CRNA are the principal owners of N.A.P., a new anesthesia group at FCHC.

New Anesthesia Group At FCHC

Out with the old, in with the new. That sort of describes the situation with FCHC's anesthesia group. The owner of the Health Center's former anesthesia group, Fulton Anesthesia Associates, decided to close the practice. It has been replaced with a new group - Northern Anesthesia Providers (N.A.P.). But, the two principal owners of N.A.P. have been providing anesthesia services at the Health Center for the past three years. They are also native to the area.

Chris Buehrer, CRNA and Jason Sprow, CRNA, both Certified Nurse Anesthetists, are the principal owners of N.A.P. Al Holland, CRNA, is also continuing to provide anesthesia services at FCHC in collaboration with N.A.P. Buehrer was actually born at Fulton County Health Center, lived in Stryker, and volunteered at FCHC while attending the University of Toledo. Sprow was also born at FCHC and grew up in the Defiance area. He received his Associates Degree in Nursing from Northwest State Community College and his Bachelor of Science in Nursing degree from Bowling Green State University. They met each other while pursuing their advanced CRNA degrees at the University of Akron.

"Both Jason and I grew up in this area, and we have remained active in our communities," says Buehrer. "Our goal is to continue to provide great anesthesia service for the patients of Fulton County Health Center."

"We're making some positive changes to the way we offer our services, and we're stepping up our game a notch," adds Sprow. "This is our hometown area, and we want to do what is necessary to take care of the residents here."

New Surgeon Joins Medical Staff

Fulton County Health Center is pleased to announce that General Surgeon Arunkumar Baskara, MD, MRCS, has joined its medical staff effective this past July.



Dr. Baskara is board certified by the American Board of Surgery and the Royal College of Surgeons of Edinburgh, UK. He received his MD degree from Stanley Medical College, India and his MRCS degree from the Royal College of Surgeons of Edinburgh, UK.

Dr. Baskara completed his residency in general surgery and surgical sub-specialties in India, the UK and the United States.

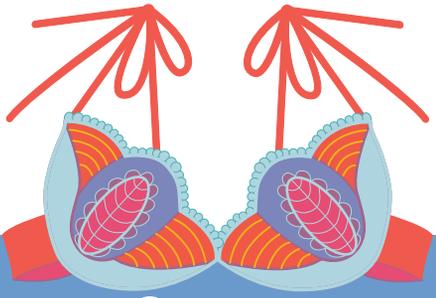
He is an Assistant Professor of General and Laparoscopic Surgery at the University of Toledo Medical Center and has filled in as a Locum Tenens (visiting) surgeon at various hospitals in Ohio, Iowa and Maine. His surgical interests include laparoscopic hernia repairs and abdominal wall reconstruction.

To make an appointment with Dr. Baskara, please call 419-330-2740.

Need a Lift?

FCHC's free courtesy shuttle transports patients and visitors from our parking lots to various entrances to our facility and also back to your vehicle. The shuttle is particularly convenient when the weather turns bad. The shuttle operates Monday – Friday, 7:30 a.m. – 5:00 p.m. It does not operate on weekends.





Cancer Fundraiser

“Cups Full of Cure” is a new program begun this year by a compassionate group of FCHC staff members devoted to assisting cancer patients. The program will raise money for the “Fight Against Cancer” fund to help recently diagnosed FCHC cancer patients with their medical treatment at the Rainbow Hematology/Oncology Treatment Center. The Cups Full of Cure program asks you to purchase an inexpensive bra and decorate it to create a story. The story can represent Breast Cancer Awareness, or it may symbolize a personal journey of an individual touched by Breast Cancer. Participants will be provided with a price tag to attach to the bra, which will allow you to tell about your Cups Full of Cure and the inspiration behind it.

The Cups Full of Cure bras will be displayed and then auctioned off at a “Cele-BRA-tion” event on Thursday, Oct. 2, 5:30-8:00 p.m. in the FCHC Beck Meeting Room. The event is open to employees and the community. All proceeds will be donated to the “Fight Against Cancer” fund. The event will feature other silent auction items, raffle baskets, a 50/50 raffle, cookbooks, and socializing. A chicken BBQ dinner will be served at 6:00 p.m. At 6:30 p.m. speakers will explain the early diagnosis of cancer and breast cancer. At 7:00 p.m. the Cups Full of Cure bras will be auctioned off. Dinner tickets are \$8.50 (pre-sale only), which includes a half chicken, two side dishes, a roll & butter, dessert, and a drink. Carry out tickets can also be purchased for \$8.50 each, with carry out served from 3:30-6:00 p.m. on Oct. 2. Questions? Contact Lynette Shepard at lshepard@fulhealth.org or 419-330-2651, Ext. 5151.

Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735.

Lifestyle

Lifestyle Management Training

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. Call 419-330-2721 to schedule.

Lifestyle Management Class

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Oct. 7, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Oct. 21, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most childcare requirements. Class taught by RN. Registration and payment due 1 week prior to class. Sat., Sept. 13 or Nov. 8, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m., Sat., Oct. 11 or Dec. 6, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children and much more. Class certification is given. Please bring a sack lunch. Beverages/snacks provided.

Sat., Sept. 27, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., Oct. 4, 9:00 a.m. - 3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., Oct. 18, 9:00 a.m. - 3:00 p.m., \$20, Archbold Library. Call 419-446-2783 to register.

Sat., Oct. 25, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Weight, Smoking

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC, Professional Clinical Counselor and clinically trained Hypnotherapist will assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Mon., Sept. 22

Weight Loss: 5:30 - 6:45 p.m.

Stop Smoking: 7:00 - 8:15 p.m.

Sat., Oct. 18

Weight Loss: 1:00 - 2:30 p.m.

Stop Smoking: 2:30 - 4:00 p.m.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Diabetes Education & Support

Balancing Life with Diabetes

Community class in self-help for the person with diabetes. Format has changed to every other month, in the even months of 2014 (i.e., February, April, June, August, October, December). \$5 suggested donation. FCHC Meeting Room. No registration necessary. Note: No November class.

October: A Double Header!

Getting Off on the Right Foot AND

Diabetes Underground. Dr. Brad Adams will explain why taking care of your feet is such an important issue for persons diagnosed with diabetes and how foot problems that can arise are prevented and treated. Then Dr. Eric Lehman will discuss how the complications of diabetes occur and what can be done about them. Thurs., Oct. 9, 7:00-9:00 p.m.

December: A Double Header! Exercise Prescriptions for Diabetes Management AND Keep It Moving.

Dalynn Badenhop, PhD, exercise physiologist and head of Cardiac Rehab at UT-MC, offers his expertise on why exercise is an integral part of diabetes self-care. He answers the question: Can exercise really do a person that much good? Jamin Torres, BA, ACE CPT, FCHC Fitness Coordinator, then will offer practical tips for incorporating physical activity into our busy days. Thurs., Dec. 11, 7:00-9:00 p.m.

Free Support Group

5:00-6:00 p.m., Diabetes Education Office, 3rd Floor. Thurs., Oct. 9, Nov. 13, Dec. 11. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary. Just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

World Diabetes Day Free Blood Glucose Screening

At the FCHC Rehab Center, W. Elm St, Wauseon, Wed., Nov. 12, 9:30-11:30 a.m. Just drop by and have your blood sugar checked. No fasting necessary.

Obstetrics: Partners in Pregnancy Programs

To register for classes call the FCHC OB Unit at 419-330-2757.

Breastfeeding Classes - Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by an International Board Certified Lactation Consultant. Free.

Car Seat Checks - Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.

Childbirth Education - 2 hours/week for 4 weeks or 6 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. 4-week series - \$25. Saturday session - \$40 (includes food/refreshments).

Refresher Class - Review of Childbirth Education class. Optional tours of OB and birth video. One 2-hour session - \$10.

Shape-Up for Motherhood - Fitness class for pregnant women and new mothers to help them regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

Sibling Class - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening and companionship through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Oncology Programs

For more information, call 419-330-2708. In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

Counseling Services - Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

Patient Navigation - On site case management, financial counseling and facilitation with community resources.

American Cancer Society Services on Site - Look Good Feel Better - Thurs., Sept. 18 and Nov. 20 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral - "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

Lymphedema Therapy - includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank - Available for patients who cannot afford to purchase their own.

Yes Mamm Program - free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call (419)330-2706.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 22 – Nov. 29; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

Arthritis Aquatics

Consists of range of motion, muscle strengthening, stretching and endurance building activities. All classes are structured so participants can work at their own ability level.

Aquatic Noodle Workout

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

Aqua Zumba®

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

Cardio Craze Plus

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. Who knew that exercising could be this fun!

Cardio Dance

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN! FUN! FUN!

Gentle Movement

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

Maximum Burn

A program combining circuit training, intervals, and a boot camp style workout all in one! The ultimate fire for your muscles that pushes you to the limit.

Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	SAT	7:00 AM	FCHC Rehab Center
New! Drums Alive®	SAT	10:00 AM	FCHC Rehab Center
Zumba Step®	T & TH	6:30 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	Fulton County Sr. Center
(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			

Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aqua Zumba®	T & TH	8:00 AM	FCHC Rehab Center
Aqua Zumba®	T	5:00 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:15 PM	FCHC Rehab Center
Aquatic Aerobics	M, W & TH	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; Oct. 4 – Nov. 22			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School Gym

Evergreen School	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elem. School Gym

Fayette School	Day(s)	Time	Location
Cardio Dance	W	6:30 PM	Fayette Jr. H.S. Gym

Napoleon	Day(s)	Time	Location
Tai Chi	M & F	2:00 PM	Henry County Sr. Center
Free - Sponsored by Orchards of Northcrest			

Pioneer	Day(s)	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene

Swanton	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
Zumba®	M	6:30 PM	Trinity United Methodist

West Unity	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 22 – Nov. 29; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Health & Fitness Classes

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
Arthritis Aquatics	M	5:00 PM	Wyse Commons
Aquatic Noodle Workout	M	5:45 PM	Wyse Commons
Aquatic Noodle Workout	W	5:15 PM	Wyse Commons
Gentle Movement	M & W	9:15 AM	Wyse Commons

(Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.)

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.) 10 classes - \$27, 20 classes - \$40, 21 or more - \$50			
Zumba Step®	M	5:30 PM	Park Pavilion
Zumba Step®	W	5:00 PM	Park Pavilion
Zumba®	W	6:00 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Tabata Fire	M, W & F	5:30 AM	Park Pavilion

Yoga Classes: Yoga classes cannot be mixed & matched with other classes. Mat is required for classes.

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.

10 classes - \$47, 20 classes - \$74

Pioneer	Day(s)	Time	Location
Yoga	W	7:00 PM	Church of the Nazarene

10 classes - \$47, Class begins Oct. 1

Swanton	Day(s)	Time	Location
Yoga	T	7:15 PM	Trinity United Methodist

10 classes - \$47, 20 classes \$74

Archbold	Day(s)	Time	Location
Yoga – Gentle	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate	M & TH	7:30 PM	Park Pavilion

10 classes - \$40, 20 classes - \$60
(Co-sponsored by Archbold Parks & Recreation Dept.)

Parent & Child Water Wonders - Advanced
Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

SilverSneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises.

SilverSneakers® Splash
Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Tabata Fire
Tabata is a system of short, high-intensity intervals developed by Japanese professor Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

Tai Chi
Gentle flowing movements to reduce falls, improve sleep quality, and improve respiratory function. The low intensity program also improves strength and balance.

Yoga
This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It's a total body workout as you use the weight of your body to hold the various poses!

Yoga - Gentle
A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Yoga - Intermediate
This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

Zumba®
Forget the workout, just lose yourself in the music and find yourself in shape at the original dance - fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Zumba® Step
Zumba® Step is a fitness program is like no other! It provides a variety of dance and fitness combinations in a fun and innovative way, while providing a challenge for participants.



Fulton County Health Center offers fitness classes for all ages and activity levels.



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Health Centering is published four times a year by Fulton County Health Center for area residents.

Patti Finn, Chief Executive Officer
Carl Hill, President, Board of Directors
Steve McCoy, Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.



Get Ready for the Flu Season

Now that fall is almost here, the flu season will be upon us. Seasonal influenza (the flu) causes fever, headache, tiredness, cough, sore throat, nasal congestion, and body aches. It is usually spread through coughs and sneezes. Recovery usually takes one to two weeks. But for those with compromised immune systems, such as the elderly and/or those with lung complications, the flu can be deadly.

Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and can occur as late as May.

The flu vaccine is the best way to prevent the flu. Vaccinations are recommended beginning in October. It's important to get a flu vaccine every year. Flu vaccines are designed to protect against flu viruses that experts predict will be the most common during the upcoming season. According to the Centers for Disease Control and Prevention (CDC), in a typical flu season the most common flu viruses that circulate among people are Influenza A (H1N1) viruses, Influenza A (H3N2) viruses, and Influenza B viruses.



Each year, one or two flu viruses of each kind are used to produce the seasonal influenza vaccine. For the 2014-2015 flu season, the flu vaccine is made to protect against the following three viruses:

- An A/California/7/2009 (H1N1)pdm09-like virus
- An A/Texas/50/2012 (H3N2)-like virus
- A B/Massachusetts/2/2012-like virus

Other things you can do to help prevent the flu include:

- Wash your hands with soap and water
- Cover your coughs and sneezes with tissues and properly dispose of them into the trash
- Cough into your sleeve or the crook of your arm (not your hand) if you do not have a tissue
- Avoid touching your eyes, nose, or mouth whenever possible

If you want to get the flu vaccine, talk with your family physician or contact your local health department. Most vaccines are covered by insurance, but check with your individual plan to make sure.

Finally, if you notice flu-like symptoms, contact your physician. In some cases, there are antiviral drugs that can make your illness milder and make you feel better faster. They also can help prevent serious flu-related complications, like pneumonia. Be sure to get proper rest and stay home when possible. Together we can help the spread of the flu and make the flu season much more manageable by taking the appropriate precautions, getting the proper rest, and reducing the spread of the flu once symptoms do occur.