

A publication of Fulton County Health Center

# Health Centering

# 80



## *80 Years and Counting!*

*The 80-year history of Fulton County Health Center involves three facilities. Top: The current Fulton County Health Center on Shoop Avenue which opened in 1973. Bottom left: The First City Hospital of Wauseon, which operated from 1905-1929 on Monroe Street. Bottom right: The DeEtte Harrison Detwiler Memorial Hospital, on Shoop Avenue, which operated from 1930-1973.*

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

This year, the corporation known today as Fulton County Health Center marks its 80<sup>th</sup> anniversary of serving area communities. To celebrate 80 years of service to the area, we take a look back at the roots of the original Detwiler Hospital, the opening of FCHC, and the continual improvements at the Health Center to meet the changing healthcare needs of area residents.



## THE BEGINNING

It all began in 1929, when the First City Hospital of Wauseon was incorporated in preparation for its move to a new facility on Shoop Avenue. A few months later, in January 1930, the DeEtte Harrison Detwiler Memorial Hospital was officially dedicated and opened. Detwiler Hospital was built using a grant from A.K. Detwiler, the husband of DeEtte, and contributions from community members. Five thousand people toured the new hospital, which could accommodate 46 adults, six children, and 12 infants.

## THE NEED FOR A NEW HOSPITAL

By the late 1960's, Detwiler Hospital was at peak capacity and the building was showing its age. Patients called for nurses using a hand-held bell, and although the medical equipment was adequate it certainly was not current. The facility had no air conditioning and oxygen was kept in portable tanks. An independent consultant performed a feasibility study and confirmed the need for a new hospital. Plans were drawn up for a 55-bed, three-story facility at a cost of \$5 million.

## FUNDING

Fulton County was at the top of the federal government's list for a \$1.625 million Hill-Burton grant. But more was needed, and Wauseon dentist Dr. Harold E. Boucher spearheaded a bond issue campaign. Fulton County voters approved the levy and \$3.25 million was raised.



# 80 Years & Counting!

## BUILDING FOR THE FUTURE

A Cleveland architectural firm was retained and soon advised hospital officials to build a larger facility than originally planned. "The architects urged us to anticipate future growth in the county," says E. Dean Beck, FCHC Administrator who was the Business Manager at the time. "They felt the new hospital would not only serve the growing population, but it would also be a focal point to attracting new physicians and businesses to the area." Plans were redrawn for a five-story, 124-bed hospital at a cost of \$9 million. In addition to the Hill-Burton federal grant and the money raised from the bond levy, funding also came from \$3.1 million of hospital revenue bonds that were issued along with memorial contributions. Ground breaking was held in March 1971 on a 28-acre site on Shoop Avenue, across the street from Detwiler Hospital.



*Fulton County Health Center - 2009*

## A PROGRESSIVE DESIGN

Construction of the new Fulton County Health Center featured modern architecture and state-of-the-art features such as central air conditioning, radiant heating and a heating-cooling system along the perimeter of the ceiling. Unique mirrored windows were installed to prevent heat from entering during warm weather while allowing patients and visitors to clearly see through. Oxygen

was piped directly to patient rooms, eliminating the need for bedside oxygen equipment. Electric beds were installed replacing the old crank beds from Detwiler. All patient rooms were private, except for those in the Obstetrical Department, making FCHC the first hospital in the area to offer all private rooms. "The original Detwiler Hospital was not air conditioned," says Judy Cook, RN, a Coordinator/Educator in FCHC's Corporate and Community Health Promotions Department who spent a few years at the old facility. "It was a big deal to patients and staff to have centralized air conditioning in the new building."

## OPEN FOR BUSINESS

On March 24, 1973 Fulton County Health Center was dedicated with many local and state officials in attendance. Tours were held on two consecutive Sundays and more than 10,000 area residents visited. On April 8, 1973 the new FCHC officially began operating when 42 patients were transferred in less than two hours from Detwiler Memorial Hospital to the new facility. The new Health Center had barely been open an hour when it suddenly saw its first patients. It was only minutes after the final patient was transferred,

when Wauseon physician Dr. V.L. Cotterman delivered the first baby in the new facility. Soon after the Emergency Room had its first patient when an 11-year-old boy was X-rayed, treated and released after having been kicked by a pony. Dr. Cotterman was busy again when he admitted the first patient to the Coronary Care department.

## CHANGING THROUGH THE YEARS

As the county grew and new medical technologies emerged, Fulton County Health Center changed to meet the growing health needs of the area. "We knew our Health Center would eventually have to adapt to meet the needs of our community," says Administrator Beck, who has guided the Health Center since 1975 through many building projects. Since its opening in 1973, the Health Center has gone through four expansion projects along with adding a variety of new health care services.

## TECHNOLOGY LEADS THE WAY

Over the past 80 years, there has been a dramatic change in medical technology. "The equipment we use in our facility today ... 30 years ago you wouldn't have dreamed it was possible to ever have such sophistication," says Beck. Over the last several years the Health Center has purchased state-of-the-art diagnostic imaging technology such as the in-house MRI Unit, Digital Mammography, 64-slice CT scanner, and equipment for the new Heart and Vascular Center. Advance surgical care is also being performed at the Health Center including reconstructive, laparoscopic, laser, and radio frequency procedures. All these advances are part of Fulton County Health Center's commitment to bringing quality health care close to home. Insight and planning is needed on the part of the Health Center's Board of Directors in order to be prudent in selecting the right technology. "Our Board is very supportive of our requests to consider and purchase new technology," adds Beck.



*Fulton County Health Center - 1991*

In addition to advances in medical technology, the Health Center is also nearly 100% complete in implementing electronic medical records that can be quickly accessed by members of the diagnostic and treatment team. "We're ahead of the curve compared to most community hospitals in the use of electronic medical records," says Beck. "We began the process nearly nine years ago, and some hospitals have just recently begun the process."

## THE SURGE IN OUTPATIENT CARE

"Back in the days of Detwiler Hospital there was no such thing as outpatient treatment," says Administrator Beck. "If you were admitted to the hospital for gall bladder surgery, you typically stayed for 6-7 days. Today, a patient has their gallbladder removed laparoscopically as an outpatient, and they walk out of the hospital the same day." Through the years, outpatient services have grown at the Health Center. Some of the outpatient services offered today include Oncology, Mental Health Counseling, Cardiac Rehabilitation, Diabetes Education, and Outpatient Physical Therapy. Beck says 80% of the Health Center's business comes from outpatients.

(Continued from page 2.)

## EMERGENCY CARE ADVANCES

Many times the first exposure a patient has to Fulton County Health Center is through its Emergency Department. It is one area where the Health Center has grown tremendously. It is interesting to note that when the Health Center first opened, the Emergency Department was less than 2,000 square feet in size. In 1990, the Health Center doubled the size of the Emergency Department and added a trauma room. As patient volume increased, the Health Center began planning for a new Emergency Department. In 2007 a new 18,000 square foot facility was opened bringing advanced emergency care to the local area. "There's no comparison between the old and new department," says Unit Manager Bonnie Creager, RN. "We have more beds, more space and more privacy for patients, and we have one physician on staff at all times." Creager says the department has a specialized trauma area separate from the non-trauma area. It also has a Fast Track program to speed the care of non-life threatening emergencies. In addition, Fast Track is staffed by a physician from 6:00 p.m. to midnight, Monday through Friday, and 4:00 p.m. to midnight on weekends. FCHC currently treats 1100-1200 patients each month in its Emergency Department.

## OBSTETRICAL DEPARTMENT GROWS

Obstetrics is another service that has changed through the years. Years ago there were no fathers or family members allowed in the delivery room, and natural childbirth did not become popular until 1973. Pharmaceutical drugs to mask the pain of childbirth were not made available until mid-1980. "Today's birthing process is so much more comfortable and homelike," says Connie Koppenhofer, RN, Obstetrics Unit Manager. "And it is typical to have several family members involved in the process."

Not only has the comfort of childbirth improved over the years, but so has the ability to deliver premature babies in an emergency situation. Koppenhofer says today's Fulton County Health Center is prepared to handle emergency premature deliveries by stabilizing the infant and then transferring the baby to a Toledo-area neonatal center for observation and care. "Not too long ago an infant would not have survived if it wasn't at least at 32 weeks," says Koppenhofer. "But with new fetal

monitor and respiratory technology, we can save those babies. We've actually delivered one who was only 23 weeks old."

Security is a major issue in hospital OB departments, and FCHC takes it quite seriously. Security was recently upgraded with the HUGS security system. At birth, each baby receives an electronic tag that is matched to the mother and father. If the baby is moved anywhere near locked exit doors, the doors lock down. If the baby's tag becomes loose or is cut off, alarms sound. When the baby is brought into the mother's room, the Brahms lullaby chimes signaling that the baby and mother have been correctly matched to avoid mistakes. "It's a very patient-protective security system that is not obtrusive," says Koppenhofer. She says the department has changed over time to accommodate more mandates from the Ohio Department of Health requiring more tests, medications and documentation. In a typical year the FCHC Obstetrical department delivers 340-360 babies a year, nearly one a day. The Health Center is currently undergoing a significant renovation of its Obstetrical unit (see News & Notes).

## THE ASSISTED LIVING & LONG-TERM CARE COMPONENT

After Fulton County Health Center opened in 1973, Detwiler Hospital was converted to a long-term care facility and renamed Detwiler Manor. For many years Detwiler Manor served area residents. But by mid-1990 the building was dated and needed work. FCHC's Administration and Board of Directors stepped in and began planning for the development of an assisted living and long-term care facility on its campus that would be adjacent to the Health Center. In 1996, Fulton Manor Nursing Home & Fulton Suites Assisted Living units were opened, and residents were transferred from Detwiler Manor to the new building. "Creating these facilities allowed us to better fulfill our mission of completing the circle of care for residents in our communities," says Beck.

# Years & Counting!



"It was my ambition to see a hospital built, which closely resembled a home – cheerful, colorful, peaceful, and comfortable. I feel our patients will now find the transition from home to our new facility less traumatic."

—Victor F. Serino, FCHC Administrator, on the eve of the Health Center's Dedication Ceremony

## PREVENTION & INTERVENTION

Health care has always been about diagnosing and treating patients. But years ago, prevention of disease and illness started to become popular, and FCHC was on the forefront of this movement with its Corporate and Community Health Promotions Department. "People are much more educated about their health today, and they are taking advantage of information on the Internet," says Cook, a member of the department. "We offer all kinds of health education classes, programs, seminars, and tests for them as well. And our physicians have really embraced the prevention aspect of health care."

## PERSONAL CARE CONTINUES

Along with the many technological and facility changes at the Health Center, the one area that remains constant is the commitment to the personal care of the patient. "At Fulton County Health Center, we are committed to making your experience here as pleasant as possible," says Administrator Beck. "That personal care we provide sets us apart from many of the larger metropolitan hospitals."

## THE FUTURE

Now that Fulton County Health Center has just finished its major expansion and renovation projects, what is next? "There are no concrete plans right now," says FCHC Administrator E. Dean Beck. "But I can assure the residents out there that we are constantly evaluating our services and seeking ways to improve through the addition of new technology, new physicians and trained staff members, or new construction projects. We're a vital part of this community, and we have to continue to stay ahead of the curve."

# Report to the Community 2008

General Category	2007	2008
<b>Admissions</b>	2,537	2,239
Outpatient Visits	139,689	138,558
Emergency Room Visits	11,559	11,464
Fast Track Visits	1,611	2,084
Inpatient Surgeries	641	555
Outpatient Surgeries	2,295	2,428
Outpatient Services	244,927	196,571*
<i>*(2008 total no longer includes veni-puncture)</i>		
OB Deliveries	365	341
Oncology Visits	4,692	4,382
Laboratory Tests	200,480	144,673*
<i>*(2008 total no longer includes veni-puncture)</i>		
Radiology Procedures	42,543	41,828
Respiratory Procedures	3,357	2,682
Physical Therapy Outpatient Visits	7,743	7,196
Diabetic Education Outpatient Visits <i>(includes both individual and group patients)</i>	279	263
Cardiac Rehab Visits (Includes both Phase II and Phase III)	5,507	5,511
Stress Unit Admissions	374	362
Stress Unit Outpatient Visits (Therapists only)	2,721	3,196
Stress Unit Partial Hospitalization Visits	377	428
<b>Corporate and Community Health Promotions</b>		
Event Participants	2,234	2,690
Corporate Program Participants	2,115	1,777
School Program Participants	1,424	1,225
Community Education Classes	2,707	1,946
Fitness Class Participants	1,867	2,139
Fitness Classes	168	162
<b>Auxiliary</b>		
Active Volunteers	144	130
Volunteers' Service Hours	12,426	12,701
Active Volunteers	54	35
Volunteers' Service Hours	537	765
Money Donated	**\$91,517.63	***\$43,721.45
**2007 donation includes money earmarked from the 2006 certificate.		
***2008 donations include O.B.: Fetal monitor; Stress Unit: D.B.T. program; Oncology Waiting area: Toledo Blade subscription; S.P.D.: Ultra-sonic cleaner; Occupational Medicine: Hearing Aide Booth.		
<b>Physicians Added</b>	Jennifer Schweitzer-Ahmed, M.D. - Family Practice Charles Lash, M.D. - Urology Benjamin Forrester, D.O. - Psychiatry Damoder Kessireddy, M.D. - Cardiology	
<b>Equipment</b>	Lithoclast System, Percutaneous Nephroscope, Holium Lazer, Digital Mammography, and Bladder Scanner (replacement).	
<b>Services</b>	Opened Heart and Vascular Center; Remodeled Health Information, Central Registration, Pharmacy, and Stress Unit Outpatient.	
<b>Uncompensated Care</b>	2007	2008
	\$1,889,886	\$2,523,710

## Message *from the* Administrator

This year marks the 80<sup>th</sup> anniversary of our Health Center, which began as the old Detwiler Memorial Hospital. I have personally been involved with the Health Center for more than 40 years, and I have had the honor



of serving as the Health Center's administrator since 1975. In 1973 we opened Fulton County Health Center, replacing the aging Detwiler Hospital. Since

then our campus has changed tremendously. We've added new buildings, renovated our facility and installed exciting new medical technology. I can assure you that all of these changes were carefully considered and planned so that we may improve the level of care we offer to each of you. Our lead story provides an interesting look back at our beginning and how we arrived at where we are today. The annual report to the community, in this issue, will also provide you with a snapshot of how busy we are caring for the community.

We continue to add new physicians, services and programs. Hopefully this quarterly newsletter serves to provide you with information about our expanding capabilities. We also use this newsletter to provide helpful tips to keep you healthy, along with a broad range of health education classes and programs.

Thank you for trusting in our care over the years. Stay well, and enjoy the warm weather that is sure to come this spring.

Sincerely,

*E Dean Beck*

E. Dean Beck, FCHC Administrator

## Expanding Services to Meet Patient Needs



The Heart and Vascular Center at FCHC continues to expand its level of services for area patients. Recently the Center replaced an existing pacemaker in a patient with an upgraded ICD pacemaker. The Heart and Vascular Center has also begun placing IVC filters in patients. The IVC filter traps blood clots in the large veins before the blood is returned to the heart. The procedure is performed in the lab under fluoroscopy, which provides a live, X-ray movie-like image that helps guide the physician during the procedure.

"I'd like to thank Mr. Beck and the Health Center Board for their vision in growing these services in the Fulton County area," says Brad Moenter, RCIS. "Everything is done right here at the Health Center. It is very convenient for our patients and families to stay in town for this type of diagnostic and interventional procedure. Usually the same staff that performs the procedure also provides the pre/post patient care."

The Heart and Vascular Center also performs Balloon Kyphoplasty, a procedure that helps relieve back pain in patients with fractured vertebra as a result of osteoporosis. "Balloon Kyphoplasty allows us to use a balloon to inflate a recently fractured vertebra that has been compressed and causing the patient pain," says Moenter. "Once the vertebra has been restored to its original height with the balloon, the physician injects a type of cement for support, thereby eliminating the patient's back pain." For more information about the FCHC Heart and Vascular Center, call 419-337-7314, or email [bmoenter@fulhealth.org](mailto:bmoenter@fulhealth.org).



## Medicare Billings Face Greater Scrutiny

The Centers for Medicare & Medicaid Services (CMS) has implemented a national program to identify incorrect Medicare payments. Hospitals, long-term care providers, physicians, home health agencies, durable medical equipment suppliers, and other providers or suppliers will be subject to scrutiny by one of four permanent Recovery Audit Contractors (RACs) situated around the country whose purpose is to guard the Medicare Trust Fund. The CMS goal is to make sure the Medicare program remains solvent for years to come.

In the Tax Relief and Health Care Act of 2006, Congress required a permanent and national RAC program to be in place by January 1, 2010. A test program was held between 2005 and 2008 in California, Florida, New York, Massachusetts, South Carolina, and Arizona. The test program found both overpayments and underpayments and adjustments were made. Overpayments can occur when health care providers submit claims that do not meet Medicare's coding or medical necessity policies. Underpayments can occur when health care providers submit claims for a simple procedure but the medical record reveals that a more complicated procedure was actually performed.

The FCHC Compliance department has been working to prepare for the additional scrutiny it will begin receiving in August 2009. Under the leadership of Joyce Wonders, CCS, FCHC Compliance Analyst, the Health Center is conducting internal reviews of its Medicare charts. "We will continue to provide excellent care to all of our patients," says Jan Yoder, RN, BSN, MAOM, the FCHC Compliance Officer. "We've always been diligent about our coding and billing for every patient at FCHC." For more information about the Recovery Audit Contractors program, contact the FCHC Compliance department at 419-330-2773, or visit the Centers for Medicare & Medicaid Services web site at [www.cms.hhs.gov](http://www.cms.hhs.gov).

## Medicare Patients: Take Note

A popular misconception is that if you are admitted to a hospital for three or more days, Medicare would typically pay for the hospital stay as well as for follow-up care in a skilled nursing facility. But the Centers for Medicare & Medicaid Services (CMS) have become much more stringent in enforcing their guidelines on medical necessity.

"First of all, Medicare coverage for admission to a hospital is based on the CMS determining if it was a medical necessity for that patient to be admitted," says Jeanie Schlueter, RN, FCHC Case Management Coordinator. "Then they look at the intensity of the health care services provided to the patient to determine if a three-day hospital stay was warranted. Finally, the CMS determines

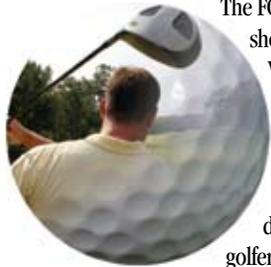
if the intensity of the services provided in the hospital warrant the patient being moved to a skilled nursing facility for follow-up care."

Schlueter says patients can no longer assume they can be admitted to a hospital for three-days and then be transferred to a skilled nursing facility. "Basically the CMS is saying they will not cover custodial care as a skilled nursing facility setting," says Schlueter. Custodial care can be described as providing basic every day care to an individual such as assisting with medications, food, and bathing. If you have questions about Medicare coverage for skilled nursing home stay, contact Jeanie Schlueter, RN, Case Management Coordinator, at 419-330-2719 or any of the FCHC Case Management Discharge Planners.

## ***New Doctor Joins FCHC***

Nayantara Jnananand, M.D., a Family Practice physician, will be joining the FCHC Medical Staff and the Fayette Medical Center as a full-time physician. Dr. Jnananand received her Medical Degree in July 2008 from the Henry Ford Health System in Detroit. She also holds a Medical Degree in Dermatology from Kasturba Medical College in Mangalore, India. Dr. Jnananand also completed her three-year Family Practice Residency and Internship at Kasturba Medical College. Her training focused on adult and pediatric health, emergency medicine, women's health, and preventative and community health. Watch for further announcements on her starting date. She will be accepting new patients. For more information contact the Fayette Medical Center at 419-237-2501.

## ***Golf, Anyone?***



The FCHC Auxiliary will hold its 10th Annual Golf Tournament on Thursday, June 4, with a shotgun start at noon at Ironwood Golf Course, 1015 West Leggett St., Wauseon. Registration runs from 11:00–11:45 a.m. The popular event features a four-person scrambles, prizes, a silent auction and a banquet at FCHC following the round of golf. The cost to participate is \$70 per person or \$280 for a team of four players. The fee covers 18 holes of golf with a cart, a sack lunch, BBQ chicken dinner, gift pack, and two beverage tickets. There will also be prizes for the longest drive, closest to the pin, and the longest putt. A "Hole-in-One" contest will allow a lucky golfer to win \$500. There are also sponsorship opportunities. Proceeds from the auction are used by the Auxiliary to purchase medical equipment. Entry deadline is May 15, 2009. For more information, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603.

## ***Remodeling Update***

When our new three-story addition was opened in 2007, 18,000 square feet of space was vacated by departments that moved into the new section. Since then renovation was done to expand and create customized work areas for those departments that did not move to the new section. Central Registration, Surgery, Radiology, and the Laboratory Departments were all renovated in phases. Many of the changes were done to make it more convenient for patients and to provide more privacy and speed to the admissions process. The latest department to be renovated is Obstetrics, where private showers are being installed in the Post-Partum rooms. The entire Obstetrics department will be painted and receive new wall covering. The renovation will give the department a fresh new look. It is scheduled to be completed this spring.

## ***Be Healthy Now: Fulton County!***

On March 1st Fulton county officially kicked off its own weight loss competition – "Be Healthy Now: Fulton County" – with 920 individuals competing. Participants were eligible if they were at least 18-years-old and lived, worked, or worshiped in Fulton County. Male, Female, and Co-ed teams were each formed. Competing teams were weighed at the beginning of the competition, and they will be weighed again at the end of the competition in mid-May. Prizes will be based on the highest percentage of total body weight lost and will be awarded to the Overall Top Team, Top Male Team, Top Female Team, Top Co-ed Team, Top Individual Male, and Top Individual Female. Weekly educational sessions will be offered to provide suggestions and tips for contestants to stay on track. Program sponsors are Fulton County Health Center, the Fulton County Health Department, and the Fulton County Ohio State University Extension Office.

## ***Change in Wauseon Off-Site Lab Location***

The FCHC off-site Lab Station will relocate on April 1st to the FCHC Rehab Center, 138 E. Elm Street, Wauseon. Hours will remain the same. For your convenience, here is a list of our off-site labs:

**Archbold** - Wyse Commons, Fairlawn Haven - 550 Haven Drive, 419-446-4899 - 7:00 a.m. to noon, Mon. - Fri.  
**Delta Medical Center** - 6096 US 20A, 419-822-3234 - 7:00 a.m. to noon, Mon. - Fri.  
**Fayette Medical Center** - 124 W. Main, 419-237-2501 - 6:00 a.m. – noon, Mon., Wed., Fri.  
**Morenci Medical Center** - 240 West Main Street (behind the office of Dr. Shivaprasad Shetty)  
517-458-1786 - 7:00 a.m. to noon, Mon. – Fri.

## ***Auxiliary Events***

**Books On the Go Sale** –  
March 25, 26, 27; FCHC Cafeteria

**Bake Sale/Spring Flower Sale** –  
April 9, FCHC Cafeteria

**Boutique to You** (Handbags and Hand Bag accessories) – April 21, FCHC Cafeteria

**Geranium Sale** – March 16 through April 16;  
Orders to be picked up May 2 at Zion Mennonite Church in Archbold or Trinity Lutheran Church in Wauseon; Order forms can be picked up at the FCHC Gift Shop or from any FCHC Auxiliary officer or member.

**Masquerade \$5.00 Jewelry Sale** –  
May 14–15; FCHC Cafeteria

## ***Volunteers Needed***

Want to give back to your community? Consider becoming an FCHC Auxiliary volunteer. The Health Center relies on volunteers to provide escort services; assistance in the cafeteria or kitchen; working in the Gift Shop and at the Information Desk during the evenings and on weekends; and serving as receptionists in various departments. Please call Julie Engler, Volunteer Coordinator, at 419-330-2695 to schedule an interview.



## ***Financial Counseling Available***

The current economic downturn has made it difficult for some to pay their medical bills. At Fulton County Health Center, our financial counselors can help by answering questions about insurance coverage and assist patients in finding alternative methods of coverage. We are also available to refer patients to the appropriate agencies when applying for public assistance, set up payment plans, or help patients apply for assistance through the Health Center's Financial Assistance Program. For more information about FCHC Financial Counseling, visit our web site at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org). Look for Patient Information on the left side and click on Financial Assistance.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. 7 Week Session – March 30-May 16; 7 classes - \$25, 14 classes - \$38, 15 or more classes - \$48.

## Health & Fitness Class Descriptions

### **Ai Chi**

Smooth consistent movement in the water. Relaxing and enjoyable while moving through a full range of motion. Concentration on proper breathing techniques

### **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!

### **Aquatic Aerobics**

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

### **Arthritis Aquatic Therapy**

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.

### **BBCF - Basic Boot Camp Fitness**

Class geared for men and women with basic movements, offering a variety of fitness intensities.

### **Cardio Core Strength Training**

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using hand weights, X-ertubing, figure 8 bands, jump ropes, and the Body Bars. Your cardiovascular system and strength training will be challenged.

### **Kids Tumbling for Fun - Beginner**

Designed for the gymnast who is just starting his or her career. This class will introduce them to the beginning basics of the sport, such as: forward and backward rolls, cartwheels, headstands, etc. If you have no previous gymnastics experience, and you are excited to learn, this class is for you!

### **Kids Tumbling for Fun – Intermediate**

Requires previous gymnastic experience, must be able to do a handstand and cartwheel.

### **Parent & Child Water Wonders**

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

### **Advanced 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: 7 classes - \$25, 14 classes - \$38, 15 or more classes - \$48

Wauseon Classes	Day(s)	Time	Location
Boot Camp-Cardio Core-The Step	M-W	5:00 PM	FCHC Rehab Center
The Ball & Much More	M	6:00 PM	FCHC Rehab Center
Smooth Moves	T-TH	6:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core-The Ball	T-TH	5:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core-The Ball	M-W	6:00 AM	FCHC Rehab Center
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-W	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	6:00 PM	FCHC Rehab Center
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	11:00 AM (30 min.)	FCHC Rehab Center
7 weeks - \$28; class begins Sat., April 4			
Bryan Classes	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	5:15 PM	Washington Elem. School Gym
<b>New! ZUMBA</b>	M	6:15 PM	Washington Elem. School Gym
7 classes - \$30, 14 classes - \$48, 15 or more - \$58			
Delta Class	Day(s)	Time	Location
Boot Camp/Cardio Core/The Step	T-TH	5:55 PM	Delta Memorial Hall
Deshler Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-TH	6:00 PM	Deshler City Bldg., 2nd Floor
Edon Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Edon Community Center
Evergreen School District Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Evergreen H.S. Music Room
Fayette School Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Fayette School Band Room
Liberty Center Class	Day(s)	Time	Location
Stepping Up & Abdominal Workout	M-TH	3:30 PM	Liberty Center Elem. School Library
Montpelier Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Montpelier School North Gym
Class begins Mon., April 6th			
Napoleon Classes	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	5:30 PM	Napoleon Middle School
Stepping Up Kicking Low & The Abdominal Workout	M-W	3:30 PM	Napoleon Middle School
Pioneer Classes	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Pioneer Community Center
<b>New! ZUMBA</b>	TH	7:00 PM	Pioneer Community Center
7 classes - \$30, 14 classes - \$48, 15 or more - \$58			



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics & Yoga can be mixed and matched for dates/times/locations. 7 Week Session – March 30-May 16; 7 classes - \$25, 14 classes - \$38, 15 or more classes - \$48.

<b>Health &amp; Fitness Classes (continued)</b>			
<b>Swanton Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Boot Camp/Cardio Core/The Step	T-TH	6:00 PM	St. Richard's School
Boot Camp/Cardio Core/The Ball	M-W	3:45 PM	Crestwood School
<b>West Unity Class</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Stepping Up Kicking Low & Abdominal Workout	T-TH	6:00 PM	Solid Rock Church
<b>Archbold Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp/Cardio Core/The Ball	T-TH	5:30 AM	Park Pavilion
Stepping Up & Abdominal Workout	M	5:30 PM	Park Pavilion
Boot Camp/Cardio Core/The Ball	T-TH	5:30 PM	Park Pavilion
The Ball & Much More	T-TH	3:30PM	Park Pavilion
Smooth Moves	T	6:30 PM	Park Pavilion
7 classes -\$20, 14 classes-\$30, 15 or more classes - \$40			
Kids Tumbling for Fun Beginner (4-7 years)	SAT	9:00 AM (45 min.)	New Elementary School Cafeteria
Kids Tumbling for Fun Intermediate (4-7 years)	SAT	9:45 AM (45 min.)	New Elementary School Cafeteria
7 weeks, 1x/week - \$28; begins Sat., April 4.			
Golden Retrievers	M-W	9:30 AM	Park Pavilion
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.			
<b>Fairlawn Complex Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	M-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
Noodle Workout	F	9:00 AM	Wyse Commons
7 classes -\$25, 14 classes-\$38, 15 or more classes - \$48			
The Ball & Much More	M W	8:30 AM	Wyse Commons
7 classes - \$20, 14 classes- \$30			

<b>Yoga Classes: Yoga classes cannot be mixed &amp; matched with other classes.</b>			
<b>Wauseon Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	TH	7:30 PM	FCHC Rehab Center
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	SAT	9:00 AM	FCHC Rehab Center
7 classes - \$30, 14 classes-\$48, 15 or more classes - \$58			
<b>Archbold Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
Yoga (Beginner-Intermediate, Mat required)	M	6:45 PM	Park Pavilion
Yoga (Beginner-Intermediate, Mat required)	W	5:00 PM	Park Pavilion
7 classes - \$30, 14 classes - \$55			
<b>Fairlawn Complex Classes</b>	<b>Day(s)</b>	<b>Time</b>	<b>Location</b>
<b>New! Yoga for Seniors</b> (Mat required)	TH	9:00 AM	Wyse Commons
7 classes - \$30			
<b>New! Line Dancing for Seniors</b>	T	9:00 AM	Wyse Commons
7 classes - \$25			
<b>New! ZUMBA</b>	W	7:15 PM	Wyse Commons
7 classes - \$30, 14 classes - \$48, 15 or more classes - \$58			
<b>New! Swing Dance for Couples</b>	M	7:15 PM	Wyse Commons
6 classes - \$42 per couple; no discounts on Swing Dance classes			

## Health & Fitness Class Descriptions

**Pure & Simple Yoga**  
This classes consists of basic Yoga postures, breathing and relaxation techniques. Yoga movement and passive stretch are the focus of this gentle artful format. It's soft and simple. Advanced class demonstrates more challenging postures.

**Senior Yoga**  
Focusing on controlled breathing, improving functional strength and increasing flexibility and agility. Improve your posture, balance and coordination.

**Smooth Moves**  
Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.

**Stepping Up Kicking Low**  
Challenge yourself with a high energy fun new workout, a combination of stepping up and down on a Reebok bench with intervals of forward, side and back kicks.

**Swing Dance for Couples**  
The Universal Dance that everyone can do! Dance steps that can be applied to most all types of music. Grab a partner and come join the fun!

**The Ball & Much More**  
Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

**Golden Retrievers (formerly Body Recall)**  
Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

**Zumba**  
You don't have to love exercise or know how to dance to Zumba! Zumba combines amazing, irresistible music with dynamic yet accessible exercise moves and interval cardio training. The workout starts with one simple step and then moves up the body – first the feet, then the mid-section, and finally, the upper body – until everything is in motion.



# Health & Fitness Classes

## Heart Health

### **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. Tuesday, April 7 or June 9, 9:30 - 11:00 am, \$5, FCHC 1<sup>st</sup> Floor Cardiac Rehab Classroom.

### **Lifestyle for Lower Cholesterol**

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, April 21 or June 23, 9:30-11:00 am, \$5, Cardiac Rehab Room. Please call 419-330-2735 to pre-register.

## Nutrition

### **Waist Trimmers**

Research shows that abdominal fat may be more hazardous than fat in other areas such as the hips. Join this new class with short nutrition topics, group accountability, and simple weekly assignments to help trim waist lines. 8-week class, Wednesdays, April 1-May 20, 5:00-5:30 pm, FCHC, \$60 for entire series, \$30 if enrolled in an FCHC fitness class. Must pre-register at 419-330-2735.

## Safety

### **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.

Saturday, April 11, 9:00 am-3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, April 18, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Saturday, May 23, 9:00 am-3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

Saturday, June 27, 9:00 am-3:00 pm, \$20, Liberty Center Library. Call 419-533-5721 to register.

### **Community First Aid and CPR**

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, May 16, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

### **Cardiopulmonary Resuscitation**

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 7:30 am, class begins promptly at 8:00 am, Saturday, April 25 & June 20, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

## Weight, Smoking

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Monday, April 13, 20, 27 & May 4, 6:00-7:00 pm, Free, FCHC Surgery Conference Room.

### **Hypnosis**

You deserve to be Nicotine Free and Drop the Pounds you want to become the healthier you. Hypnosis helps. Andrew Lesniewicz PC/CR Ht, a National Certified Hypnotherapist, Professional Counselor and area resident, offers dependable service to assist you in making the change towards a healthier you. The cost is \$50 per person to attend either a Stop Smoking or Weight Loss Seminar. The fee includes a personal reinforcement CD of the program with the option of attending a future seminar if needed. Bring a friend and pay the discounted price of \$40 per person. To register, contact the FCHC Corporate and Community Health Promotions department at 419-330-2735 or Andrew Lesniewicz PC/CR Ht, at 419-467-9406 to register. FCHC Surgery Conference Room. Classes will not be cancelled.

#### **Saturday, April 4 & 11**

Stop Smoking – 1:00-2:30 pm

Weight Loss – 3:00-4:30 pm

#### **Monday, April 6**

Stop Smoking – 5:30-6:45 pm

Weight Loss – 7:00-8:15 pm

#### **Saturday, May 2 & 9**

Stop Smoking – 1:00-2:30 pm

Weight Loss – 3:00-4:30 pm

#### **Monday, May 4**

Stop Smoking – 5:30-6:45 pm

Weight Loss – 7:00-8:15 pm

## Weight, Smoking

### **Stop Smoking, Lose Weight through Hypnosis**

Based on deep mind/body relaxation, Nationally Certified Clinical Hypnotist, Donald J. Mannarino, M.A., with over 28 years of experience with some of the largest health organizations in the world will lead two wellness seminars: Stop Smoking-Weight Loss. The cost includes a complimentary CD of the program for personal reinforcement as well as the option of attending a future seminar free if needed. For more information and to pre-register please visit: [www.DonMannarino.com](http://www.DonMannarino.com) or call Don directly at 216-831-6251. In an effort to control seating, **pre-registration is mandatory!**

**Weight Control** – Thursday, May 28, 5:00 pm, \$60, FCHC Meeting Room

**Smoking Cessation** – Thursday, May 28, 6:00 pm, \$60, FCHC Meeting Room



## Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 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 a Certified Lactation Consultant. Free.

**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; helping new mothers 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 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735.

## Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for program or diabetes information and/or group presentations. We can provide your group with an interesting and informative program topic!

**NEW!** Diabetes Survival Skills, now offered in Fulton County community settings. Class covers the format of the American Diabetes Association book, "Choose to Live--Your Diabetes Survival Guide." Content includes meals, medications, monitoring, movement, managing, and more. Whether you are new to diabetes care or need a refresher, this class is for you! Suggested donation of \$5 for materials. Call to register (419) 330-2772 for any of the following three classes.

Tuesday, April 28, 6:30-8 PM, Fayette Opera House, Fayette, OH  
Tuesday, May 26, 6:30-8 PM, Delta Public Library, Delta, OH  
Thursday, June 4, 6:30-8 PM, Evergreen Community Library, Metamora, OH

### **Weekly Support Group -- Free**

Wednesdays, except 1st Wed. of month, 9:30-10:30 AM, Diabetes Education Office, 4th Floor. Evening Support Group, 2nd and 5th Thursday of the month, 5-6 PM, Sept. through May; and 2nd and 4th Thursday, June through August. If your insurance doesn't pay for education, or if you just need assistance in staying on track, this is the place for you! The Diabetes Education office also has an A1C machine available for the important 3-month average test, at a low cost of \$10.

### **Facing the Foothills**

A series of comprehensive classes in diabetes self-care. Offered by physician order every other month, covered by Medicare and most insurances. Call for details.

### **Mountain Climbing**

Monthly class in self-help for the person with diabetes: 1st Wednesday of month, 9-11 AM; 2nd Thursday of month, 7-9 PM; \$5, FCHC Meeting Room. Support person is welcome and free. No registration required.

**April Mountain Climbing:** The Eyes Have It! with Dr. Richard Tam, FCHC Ophthalmologist. **EVENING SESSION ONLY** – April 9, 7 PM. **NO Morning session on April 1.**

**NEW! May Mountain Climbing:** Improving Self-care Skills for Better Quality of Life with Dr. Jana Bourn, MD, Wauseon Clinic. May 6, 9 AM; repeated May 14, 7 PM.

**June Mountain Climbing:** Medication Issues with Dr. Curtis Black, RPh, PhD, Professor of Clinical Pharmacology, UT-MC. June 3, 9 AM; repeated June 11, 7 PM.

## Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

**Cancer Resource Center** – Sponsored by the American Cancer Society. Books and videos available free on loan and free Internet access to cancer web sites.

**Lymphedema Therapy Clinic** – Reduce swelling in the extremities from surgery through massage and wrappings. Often covered by insurance.

**Patient Navigator** – American Cancer Society employee helps connect cancer patients with various community resources including insurance and prescription drug issues, financial assistance and transportation.

**Look Good Feel Better** – Hair and skincare classes for women undergoing cancer treatment. Sponsored by The American Cancer Society and The National Cosmetology Association and The Cosmetology, Toiletry and Fragrance Association. Offered every other month.

**Nutrition Counseling** – Free consultation by a registered dietician for all patients undergoing chemotherapy at Fulton County Health Center.

**Stress Counseling** – A free consultation by a licensed social worker experienced in working with patients undergoing cancer treatment.

## 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 (except December) 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, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.

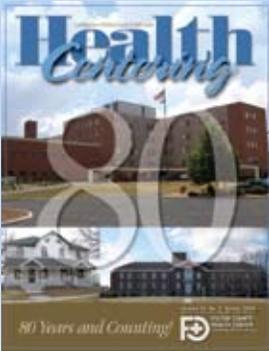
## Health TIPS

Health Tips is designed to give you simple suggestions for a healthier lifestyle. This issue's health tip is:

### Exercise: Getting Started.

1. Make it fun! Do something you enjoy like, hiking, biking or playing outdoor games ... and include friends and family.
2. Choose an intensity level that is right for you. The way you feel while you are doing an activity is important and will help keep you going for a long time.
3. Exercise to music! What kind? Whatever makes you get up on your feet!
4. Exercise with a friend. Group exercise can help you work out regularly and get better results (See FCHC Fitness Classes in this newsletter).
5. Too busy to exercise? Aim for a little every day. Try 10 minute "mini workouts" 3 times a day. This is great if you are just beginning, and it is enough to give an extra boost to your heart's health.

## In This Issue:



FCHC: 80 Years & Counting!  
Changes in Medicare Coverage  
Report to the Community  
Message from the Administrator  
Heart & Vascular Center Expands Services  
Medicare Billings Face Greater Scrutiny  
FCHC News & Notes  
Introducing Room Service  
Health Tips – Exercise: Getting Started  
Health & Fitness Classes/Programs

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

**E. Dean Beck**, Administrator

**Dale Nafziger**, President, Board of Directors

**Steve McCoy**, Director of Marketing and Planning

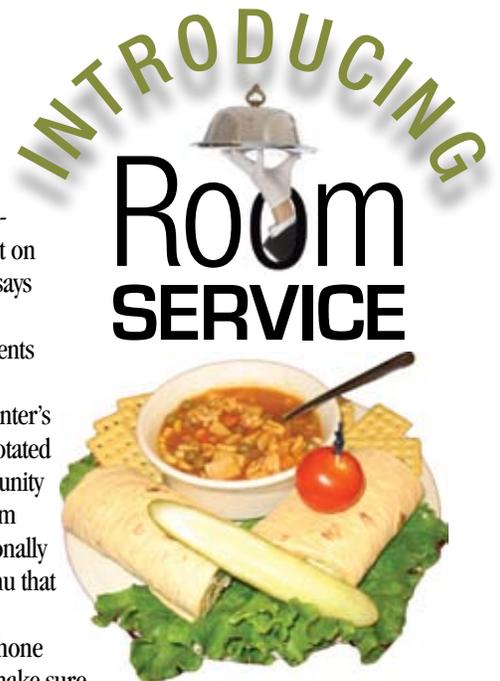
For address changes or information about articles or  
programs in this issue, contact  
Fulton County Health Center at (419) 335-2015.

**P**atients at Fulton County Health Center can now say they're receiving the "royal treatment" when they stay overnight at the Health Center. FCHC's new Room Service Dining program, introduced on February 17th, allows patients to select their own menus for breakfast, lunch and dinner. "It's a patient-focused program that allows individuals to have input on the food they eat while staying at the Health Center," says Paul Rosenbeck, FCHC Director of Food & Nutrition Services. "In the short time it has been in effect, patients have given us very positive comments."

The Room Service program replaces the Health Center's traditional system where a menu of food items was rotated on a 21-day basis. The patient had little or no opportunity to request specific foods. "Our Room Service program changes all of that," says Rosenbeck. "We offer personally selected and individually prepared meals from a menu that patients are given." Room service dining is available 7:00 a.m. to 6:30 p.m. by calling the Health Center phone number 3663 (FOOD). Food orders are verified to make sure they comply with the dietary instructions of the attending physician. "We want to make sure patients eat what they prefer as long as it doesn't interfere with their doctor's orders," says Rosenbeck. "For example if a cardiac patient orders a cheeseburger, our dietitians will explain why that is not a good idea and will offer alternative menu suggestions."



The traditional cafeteria food selections will still be available for family and friends as well as Health Center employees. For more information about the new FCHC Room Service Dining program, contact Paul Rosenbeck, Director of Food & Nutrition Services at 419-330-2632.



The Room Service Dining menu includes breakfast items as well as hot lunch and dinner entrees including oven-roasted turkey, beef pot roast with gravy, baked chicken breast, lemon baked tilapia, and spaghetti with marinara or meat sauce. Pizza, deli sandwiches, and grill selections are available with a variety of salads and side orders. Many of the menu items are heart healthy entrees.