

A publication of Fulton County Health Center

# Health *Centering*

## The Unsung Heroes Part II: *Environmental Services*

*Barb Rohda, Environmental Services  
Tech II, cleans a patient room.*

Volume 27, No. 1 Winter, 2011



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



# FCHC <sup>The</sup> Unsung Heroes Part II Environmental Services

**Editor's Note:** Unsung Heroes is a continuing series of *Health Centering* articles that profile the departments and staff members who work behind the scenes at Fulton County Health Center but are instrumental in helping to keep the Health Center functioning. In this issue we highlight the Environmental Services Department.

Anyone who owns a home knows it is not easy to keep a house clean. So, you can understand what a daunting task it is to keep clean a facility the size of Fulton County Health Center. Take that one giant step further. The Health Center must not only be clean, but it must be disinfected to kill germs that can lurk in all kinds of places.

The task of keeping the Health Center clean and disinfected is the responsibility of our Environmental Services Department, consisting of 39 employees. They are led by Director Dan Ruplinger, who has been at FCHC since 1996. Environmental Services is not only responsible for keeping the Health Center clean, but it must also do the same for the Health Center's Medical Office Building, Fulton Manor Long-term Care facility, Fulton Suites and the FCHC Rehab Building. Combined, these facilities total 350,000 square feet of cleanable space.

### Ranked in the Top 10% in the U.S.

Most hospitals across the country utilize independent research firms to monitor the services they offer and rank them against other hospitals in the country. One of those firms is the NRC Picker Company, who conducts regular Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) surveys to measure patients' perspectives of their hospital experience. In 2010 the HCAHPS system ranked Fulton County Health Center in the top 10% of hospitals across the country for cleanliness. It is the second consecutive year that



*Cheryl Lembrick, Environmental Services Tech II, provides information to a patient.*

the Health Center has been ranked in the top 10%. "The high ranking validates the extraordinary staff we have and the extra effort they put forth to keep the Health Center clean," says E. Dean Beck, FCHC Administrator. "Our ability to achieve such a high ranking is a team effort that requires ongoing communication between departments."

### Three Major Goals

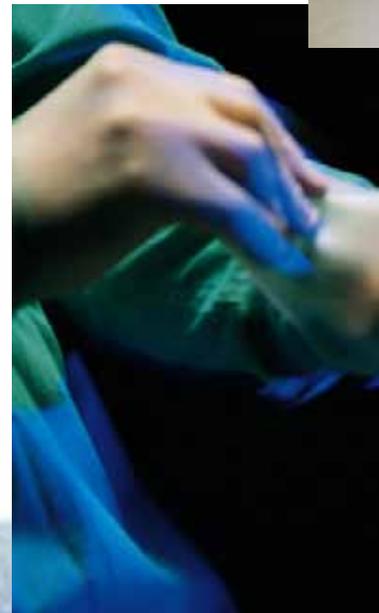
Environmental Services has established three departmental goals: 1) Cleanliness; 2) Cost-effectiveness; and 3) Customer Satisfaction. The Cleanliness goal helps the staff focus on maintaining the Health Center as clean as possible. Cost-effectiveness means being aware of how to reduce the cost of supplies and equipment while maximizing the cleaning effort. Staff members also embrace the Customer Satisfaction goal of pleasing patients, visitors, doctors, and other staff members.

### Continuous Training

When new staff members are hired to work in Environmental Services, they train with an experienced staff member for several consecutive days to absorb their knowledge and to develop an eye for details. Trainees are monitored to see if they are rubbing hard enough to clean effectively and if they are thoroughly checking corners, edges and underneath areas.

### Customer Service is Key

Before cleaning a patient room, the Environmental Services staff member knocks on the door, announces his/her name, and informs the patient he/she is there to clean the room and to make sure it is a good time to do so. Patients are informed that the room will be disinfected and are given the opportunity to ask questions. Once the room has been cleaned, the staff member will ask if there is anything more that can be done to help the patient. The goal is to minimize any disruption to the patient while making sure the room is thoroughly cleaned. The Environmental Services Department also strives to be helpful, and they approach patients and visitors as though they were family members.





Randy Mae Sattler, Environmental Services Tech II, uses a battery-operated floor burnisher.



**“The high ranking validates the extraordinary staff we have and the extra effort they put forth to keep the Health Center clean.”**

— E. Dean Beck, FCHC Administrator, on FCHC being ranked in the top 10% of hospitals across the country for cleanliness

Environmental Services believes that patients and visitors are not their only customers. They also consider all employees and physicians of the Health Center as customers. Communication with other departments is considered critical to performing their jobs. “We’re the ‘eyes’ of the Health Center,” says Ruplinger. “If we see an unlocked door, we’ll contact Maintenance. If we see that a room doesn’t have a food menu, we’ll contact Food and Nutritional Services (Dietary). If the patient wants to know what’s good to eat, we’ll offer suggestions.”

Training involves more than new staff members. Every six months the Environmental Services Department holds training sessions for all staff members, regardless of how long they have worked



Shelly Smith, Environmental Services Tech II, prepares a patient bed for a new admission.

in the department. The purpose of the sessions is to make sure everyone is on the same page with how we clean, what to look for, and how to handle any new bacteria or viruses that begin to show up.

### Right Person, Right Place

Environmental Services staff members are assigned to work a specific area of the Health Center so they become expert at what to clean and how to clean it. It is also a way to make sure employees are comfortable with the area they are assigned. For example, staff members who are more outgoing are better suited to working in the patient rooms where they will have interaction with patients.

### Thoroughness is Key

Patient rooms are cleaned from top to bottom, once a day, including light fixtures, picture frames, vents, lights, windows, bathrooms, doorknobs, railings, wastebaskets – inside and out – and floors. Anything above the shoulder is given a “high dusting,” while areas below the shoulder are disinfected. Windows are cleaned four times a year. Staff members are trained to clean beneath and behind toilets and to clean the pipes beneath the sink in addition to the sink and countertop. “We don’t know if a patient dropped something on the floor and happened to touch the pipes or perhaps the mirror,” says Ruplinger. “Even if it looks clean, it may not be clean, so we make sure it gets disinfected.”

Microfiber mops are used on floors to collect any dirt or debris, making the cleaning and disinfecting process smoother. An EPA-approved, hospital-grade disinfectant is used in all areas of the Health Center and in the other buildings cleaned by the Environmental Services Department. Five to six disinfectant cloths are used per patient room

– each one designated for a certain part of the room such as the toilet and sink. The goal is to not spread germs from one area of the room to another. The cloths used in a specific patient room are not used in another patient room, also to avoid the spread of germs. Patient beds are thoroughly disinfected once a patient is discharged. “I am pleased to say there has never been a reported case of a patient acquiring an infection through something the Environmental Services department did,” says Ruplinger.

Public restrooms are cleaned and disinfected 3-4 times a day. Main hallways are cleaned daily, first with a special 48” wide dry mop that is oil treated to pick up dust and debris to allow the disinfectant to work better. A special floor scrubber is then used to clean and burnish the floor to provide a high shine that is not only attractive, but also facilitates keeping the floors disinfected. Carpeting, located in parts of the Health Center, are cleaned daily with 30” sweepers using hospital-grade HEPA filters and shampooed on a bi-weekly basis.



### Surgery Gets Special Treatment

All cleaning equipment used to clean the surgical areas is kept in surgery to protect the department from outside germs. Surgical suites are washed from top to bottom – ceilings, lights, walls, and floors. Staff members spend 45 minutes to an hour in each surgical suite, wearing protective footies and hair nets as an extra precaution in the war on germs. In addition to surgery, the Environmental Services Department is responsible for cleaning and disinfecting all offices, nursing stations and departments including Radiology, Emergency, Lab, and Obstetrics.

*(Continued on page 4)*



# FCHC <sup>The</sup> Unsung Heroes Part II Environmental Services

*(Continued from page 3)*

## Super Bugs & Self-Evaluation

Despite their high national ranking for hospital cleanliness, the Environmental Services Department continues to seek new ways to improve its performance, particularly because of existing drug-resistant bacteria as well as any other newly emerging infectious illness. Environmental Services works closely with the FCHC Infection Control Department to stay on top of the latest research. "Education is key," says Ruplinger. "The more we know about a virus or bacteria, the better off we are in fighting and controlling it."

If a patient is in isolation, staff members wear personal protective equipment. This prevents contamination of themselves or their clothing, which reduces the chance of them carrying those germs to another patient.

## Bed Bugs – Preparation is Key

Bed bugs are getting a lot of attention in the media these days, and they have become a real concern for the hospitality industry. Bed bugs are not the result of a dirty room or poor cleaning. Bed bugs have become a problem in the hospitality industry because they hitch a ride in a suitcase or on a person's clothes and remain behind when the person leaves, waiting for the next visitor so they can travel to their next location. Since they live on human blood, they tend to thrive in mattresses where it is warm and close to their victim. FCHC uses vinyl-covered mattresses instead of cloth mattresses, which helps because bed bugs are not fond of the vinyl. Environmental Services has done its research to be better prepared and ready to handle them if the situation occurs.

## Regular Monitoring

Each month Ruplinger personally inspects patient rooms during their stay, and he also randomly checks a vacated room when a patient has been discharged. In addition, the results of the regular HCAHPS patient satisfaction surveys are posted in the Environmental Services Department so staff members can monitor their performance and note any necessary areas of improvement. Ruplinger is also accessible to patients and makes it a point to

**"I am pleased to say there has never been a reported case of a patient acquiring an infection through something the Environmental Services Department did."**

— Dan Ruplinger, FCHC  
Environmental Services Director



*Shana Morey, Environmental Services Tech I, uses a wet floor sign after mopping to keep patients and visitors safe*

ask them how his department is doing. "Making sure they are comfortable and pleased with our services is what it's all about," says Ruplinger.

## A Close-Knit Community

"I can't tell you how proud I am of my staff and the unique, caring attitude that exists between departments," says Ruplinger who has worked in the health care field for 30 years, including hospitals in Cleveland and Chicago. "I can tell you that every time a potential new physician visits our Health Center they remark about the cleanliness of our facility." Ruplinger believes that hospitals in the future will be reimbursed based, in part, on the overall cleanliness of the facility.

"It's important to stay on top of cleanliness and keeping our facilities as germ-free as possible. Our staff is dedicated to making sure we continue to strive to remain in the top 10% of hospitals in the country for cleanliness," says Ruplinger.

For more information about the Environmental Services Department, contact Director Dan Ruplinger at 419-330-2766.

## Message *from the* Administrator

Is it possible to get top quality health care in a community hospital? Yes, and it happens every day at Fulton County Health Center. The excellence of our medical care has never been more evident than with two aspects of our Health Center featured in this newsletter.



First, our Environmental Services Department has been ranked in the top 10% of hospitals across the country by an independent research firm, based on the

cleanliness of our facility. Secondly, our Joint Replacement program has received a 5-star rating for 2011 by HealthGrades, another independent ratings company. The 5-star rating places our Joint Replacement program in the top 15% of programs in the nation.

We've achieved these high rankings thanks to a lot of hard work and dedication from physicians, department heads, and many staff members. We're proud of their remarkable efforts. Please take time to learn more about our Environmental Services Department, another group of "unsung heroes" who work behind the scenes to keep our facility operational, as well as our Joint Replacement program.

You may find interesting the articles on Osteopathic Manipulative Treatment, as practiced by our own Dr. Dexter Phillips, as well as our in-house lithotripsy equipment for the treatment of kidney stones.

Northwest Ohio winter weather is around the corner. There are plenty of indoor exercise programs offered through our Corporate and Community Health Promotion Department. I encourage you to take advantage of these classes and programs in your community.

Be safe in your travels and stay well.  
Sincerely,

*E. Dean Beck*

E. Dean Beck,  
FCHC Administrator



### Patient Safety is a Priority

The risk of infection is quite high in joint replacement surgeries, so everyone involved in the procedure takes extra precautions to minimize that risk. Before surgery, patients are given materials and instructions on how to take an anti-bacterial shower at home. The MRSA bacteria, which has become quite prevalent out in the community, is highly-resistant to antibiotics. So, extra precautions are taken to prevent its spread to the hospital. When patients arrive at the Health Center, they are given a nasal scrub to kill any MRSA bacteria present in their nasal passages. Patients are also given an antibiotic before surgery for further protection against infection.



# 5-Star Rated Joint Replacement at FCHC

**H**aving problems with your knee or hip? Wish you could be more active? Many individuals have returned to their normal lifestyles thanks to Fulton County Health Center's 5-star rated Joint Replacement program. The 5-star rating for 2011 means the Health Center's Joint Replacement program is ranked in the top 15% of hospitals across the country. The rating was performed by HealthGrades, an independent health care ratings organization. HealthGrades analyzed patient outcomes in the nation's 5,000 hospitals, and found that 5-star-rated hospitals had, on average, an 80% lower rate of complications than hospitals receiving a 1-star rating.

"It's a tremendous honor to receive this high ranking," says E. Dean Beck, FCHC Administrator. "I commend our doctors, nurses and support staff for the excellent medical care they provide to our patients."

### Skilled Surgeons Are Key

Since 1995, FCHC Orthopedic Surgeons Daniel McKernan, M.D., and Christopher Spieles, M.D., of West Ohio Orthopedics & Rehab, have performed

more than 2,000 joint replacement surgeries at the Health Center. In a typical week they will perform five joint replacements – either knee, hip or shoulder. Patients range from their mid-30's to their 90's. The surgeons' reputation has quietly grown to the point they now draw patients from as far away as eastern Indiana, southern Michigan, as well as southern and west central Ohio.

### Experienced Support Team

Dr. McKernan and Dr. Spieles have worked for more than a decade with the same surgical team at FCHC, consisting of Registered Nurse First Assistants and Registered Nurses. "We know each other quite well on a professional level," says Kim Willeman, RN, BSN, CNOR, FCHC Surgery Unit Manager. "So we're able to anticipate what the doctors will need in surgery before they even ask. Each team member knows exactly what to do and when to offer their assistance." The surgical team consists of six members, in addition to the surgeon, who have specific responsibilities during a typical 1-1/2 to 2-hour joint replacement procedure.

In addition to the patient preparation, FCHC's Environmental Services staff members thoroughly clean the surgical area by washing and disinfecting the ceilings, walls and floors of the operating suite before surgery (see related story on FCHC Environmental Services in this issue). All cleaning equipment used in surgery is kept in the surgical area to avoid contamination. Just prior to surgery, the surgical team scrubs and dons space-age suits to minimize contamination.

### Post-Surgical Coordinated Care

After surgery, patients have several options for recovery. Once they are discharged, patients can move to Fulton Manor, adjacent to the Health Center, for short-term recovery and rehabilitation. Or, if appropriate, they can return to their home.

All joint replacement patients require physical and occupational therapy to rehabilitate the joint. Again, there are options. Patients can receive their therapy at the FCHC Rehab Center in downtown Wauseon, or they can get rehab at West Ohio Orthopedics & Rehab on the FCHC campus.

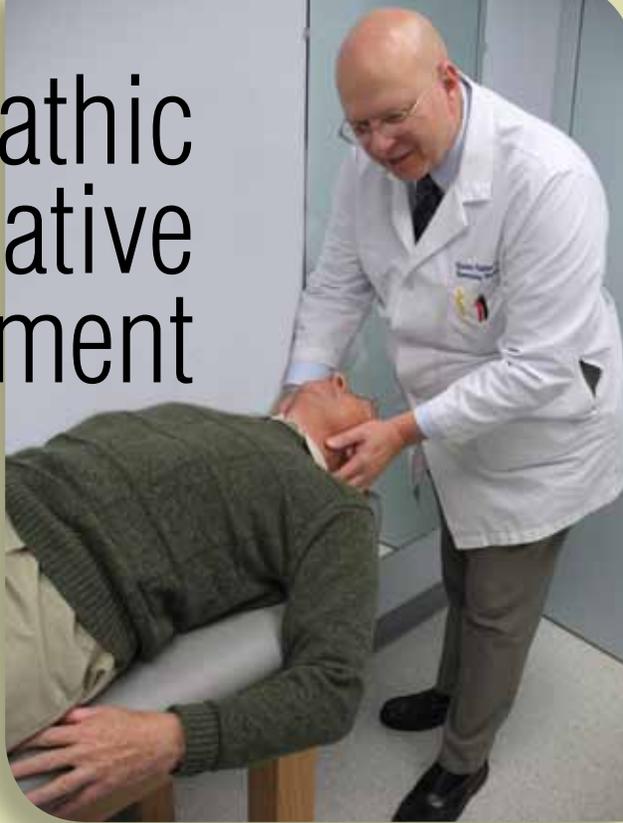
### Contemplating Surgery?

If you are thinking about joint replacement surgery for hip, knee or shoulder, look to FCHC's 5-Star rated Joint Replacement program. For more information, contact Steve McCoy, FCHC Director of Marketing & Planning, at 419-330-2717 or [smccoy@fulhealth.org](mailto:smccoy@fulhealth.org).

# Osteopathic Manipulative Treatment

As a family practice physician, diagnosing a patient's health issues can sometimes be challenging. Dexter Phillips, D.O., an FCHC family practice physician with the Delta Medical Center, uses a holistic approach that incorporates Osteopathic Manipulative Treatment.

"When I treat a patient, I'm looking at how the body's systems affect one another," says Dr. Phillips. "In particular, I look at the muscles and joints because they have a direct impact on the nervous system as well as other systems of the body." Osteopathic Manipulative Treatment (OMT) involves using the hands to diagnose and treat illness and injury. "I'll use techniques like stretching an arm or a leg, or I'll apply gentle pressure and resistance to move muscles and joints. The manipulation allows me to restore function to an area of the body



*Dexter Phillips, D.O., performs Osteopathic Manipulative Treatment on a patient.*

and to reduce pain." Dr. Phillips points out that Osteopathic Manipulative Treatment is different from Physical Therapy or massage therapy.

An example of the holistic approach followed by Dr. Phillips is when he helped to solve the back problem of his office nurse. "It's logical to think that something was simply wrong with her back,"

says Dr. Phillips. "But looking at her whole body, I discovered she was extremely flat-footed, and ultimately that was causing her back problems. Once we took care of treating her flat feet, the back problems disappeared."

"I've picked up on a patient's stomach ulcers by using OMT and my hands to feel their back," says Dr. Phillips. "But you have to go through years of OMT training to understand the techniques and how to properly use them. It's definitely a science."

Osteopathic Manipulative Treatment can help people of all ages and backgrounds. It can treat muscle pain, reduce pain in general, promote healing, and increase a patient's overall mobility. It can also help patients with a number of other health problems such as:

- Asthma
- Sinus problems
- Carpal Tunnel Syndrome
- Migraine headaches

"It's an added dimension to standard medical care that I sincerely believe in," says Dr. Phillips. "I know from years of experience that it has helped me to properly diagnose certain problems in patients."

For more information about Osteopathic Manipulative Treatment (OMT), contact Dexter Phillips, D.O., at the Delta Medical Center, 419-822-3242.

Source: American Osteopathic Association at [www.osteopathic.org](http://www.osteopathic.org).

## New Kidney Stone Treatment

Area residents who suffer from kidney stones can receive high-tech treatment at Fulton County Health Center thanks to the installation of a new lithotripsy unit. Lithotripsy is a non-surgical technique for treating stones in the kidney and ureter using high energy shock waves. The waves, which are passed harmlessly through the body, generate enough force to pulverize stones into pieces as small as a grain of sand. These broken stones are usually small enough to pass from the body through the urine.



Charles Lash, M.D.

Patients undergoing lithotripsy at the Health Center are given anesthesia to remain still as they lie on a soft cushion on a table that is part of the lithotripsy unit. An X-ray monitor guides the shock waves to the proper area to be treated, and the

waves are passed from the cushion into the patient's affected area. The treatment lasts about 45-60 minutes and is performed under the watchful eye of FCHC Urologist Charles Lash, M.D. He is joined by the anesthetist and several members of the nursing staff. The use of lithotripsy as a treatment method is dependent upon the size and number of stones as well as their composition and location.

"This is an excellent treatment method for patients that qualify," says Dr. Lash. "In these cases it usually eliminates the need for surgery, and the recovery time is very quick because it is non-invasive." Lithotripsy can be done on an outpatient basis. Dr. Lash says most patients require a one-time lithotripsy treatment, but in some cases lithotripsy may need to be repeated. If lithotripsy is not appropriate or effective in a particular case,



then FCHC is able to offer all other stone treatment modalities, including those methods needed for the most complex stones. "I've been

treating patients who have the most complex stones for the past 20 years, and I can tell you that all of the methods I've used to help patients are available here at the Health Center."

After treatment, patients can usually move about freely and resume normal activities within a few days. Some pain may occur when the pulverized stone fragments are passed, but it helps to drink plenty of water. For more information about lithotripsy at FCHC, contact Steve McCoy, FCHC Director of Marketing & Planning, at 419-330-2717.

## *Metabolic & Bariatric Surgery Programs*

FCHC General Surgeon, Jose Parodi, M.D., will discuss the problems of Obesity and Related Co-Morbidities such as Diabetes and their response to Metabolic and Bariatric Surgery. Dr. Parodi will also explore the role of Bariatric Surgery in Diabetes Mellitus as well as indications for Lap Band or Bypass Surgery, statistical analysis, and patient satisfaction following Metabolic and Bariatric Surgery. Two free sessions will be offered: Tuesday, Jan. 18 or Feb. 15, 6:00 - 7:30 p.m., FCHC Beck Meeting Room. Registration is required and can be accomplished by calling the FCHC Corporate and Community Health Promotion Department at 419-330-2735, or by registering online at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org).

## *Heart Radiothon*

The Fulton County Heart Radiothon Community Cholesterol Screening will be held on Thursday, February 10 from 6:00 a.m. – Midnight in the FCHC Cafeteria. The FCHC Corporate and Community Health Promotion Department will test total cholesterol, HDL levels, the ratio between total cholesterol and HDL, and glucose (blood sugar) levels from 7:00 a.m. – 7:00 p.m. Fasting is not required, and you will receive your results within 10 minutes of being tested. The cost is a \$5.00 donation to the Heart Radiothon. Archbold's WMTR radio station will devote the entire day to playing musical requests for a donation to the Heart Radiothon fund. All proceeds will be used to support heart related programs and equipment in Fulton County. Screenings will also be offered at Fulton County libraries in March. Watch your local newspapers for information or visit [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org). FCHC and the Heart Radiothon will also sponsor cholesterol and glucose screenings in all Fulton County High Schools during January and early February. Freshmen and seniors will receive the same test as adults at no charge. Results of the tests will be given to the students and mailed to parents.



# Be Healthy Now

## *A Challenge for Fitness*

Fulton County will again conduct its popular weight loss and health promotion competition called "Be Healthy Now: Fulton County." The competition is open to all adults, youth and children who live, work, or worship in Fulton County. The program is being organized by the Fulton County Health Department, the Fulton County Ohio State University Extension Office, and Fulton County Health Center. Be Healthy Now: Fulton County 2011 will begin with weigh-ins the last week of February at local fire stations. Adults who form teams of 4 or more and complete the Walk around Fulton County physical activity challenge will also be eligible to compete for prizes in the weight loss competition. We are also excited to include the Small Steps to Health and Wealth Curriculum to our educational sessions in order to promote all-inclusive wellness for those who wish to learn more while maintaining or creating a healthier lifestyle. Youth are again invited to join their families in the program that encourages more healthful eating and an active lifestyle. Ohio State University Extension, the Fulton County Health Department and the Fulton County Health Center ask you to please mark your calendars for Saturday, February 26, 2011 and attend the Be Healthy Now: Fulton County Kickoff at the Robert Fulton Agriculture Center. Call Cheryl Barber Spires at 419-337-9210 for more information.

## *Bad Weather Updates*

Now that the winter months are here, inclement weather is likely to follow. In the event of a cancellation of any of our programs or fitness and health classes, please tune to radio station WNDH 103.1 FM in Napoleon or WMTR 96.1 FM in Archbold for cancellation notices due to bad weather.

## *Need a Lift?*

FCHC's free courtesy shuttle transports patients and visitors from our parking lots to various entrances to our facility. 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.

## *Auxiliary News*

**Valentine's Day Sale:** Feb. 11, 7:00 a.m. until out of items, FCHC Cafeteria. Cookies, balloons and items from the Mennonite pantry.

**Books on the Go:** March 9-11, FCHC Cafeteria.  
Times to be announced later.

**Victorian Scholarship Tea:** March 19, details to follow.  
If you want to sponsor a tea table,  
contact Margaret Croninger at 419-337-1863.

## **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.





# 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. Most classes except a few special classes such as Aquatics, Belly Dancing, & Yoga can be mixed and matched for dates/times/locations. 10 Week Session – January 10 – March 19; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

## Health & Fitness Class Descriptions

### Aikido - Beginner

Is a non-competitive martial art that can be practiced by almost anyone. Aikido techniques do not rely on physical strength but rather develops relaxed power through the focus of intention and Ki. The result is a creative method of non-destructive conflict resolution.

### Aquatic Aerobics

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

### 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!

### 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.

### AthleKinetix™

Utilizes any fitness training product available to create a dynamic workout that will consistently challenge the body with creative, innovative exercises. There are NO repetitions, NO rest, NO choreography, and NO two classes are the same.

### Ball

Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

### Beginning Ballroom Dance

Ballroom Dancing is one of the most elegant forms of dancing and great exercise too. Come learn the beginning basics of the waltz, polka, some of the Latino dances, and line dancing. This class will elevate the heart rate and challenge the body!

### Belly Dance

Fitness for women of any age and body shape. It's a great and fun workout. Belly dancing utilizes muscles not often used otherwise. It's something that everyone can learn and enjoy.

### 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 both cardiovascular, flexibility and strength training!

## Health & Fitness Classes: 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67

### Wauseon Classes

Class	Day(s)	Time	Location
Cardio Core	M-W	5:30 PM	FCHC Rehab Center
<b>New!</b> AthleKinetix™	M-W-F	6:00 AM	FCHC Rehab Center
<b>New Days!</b> Turbo Kick®	T-TH	5:30 PM	FCHC Rehab Center
Ball	M	6:45 PM	FCHC Rehab Center
<b>New!</b> Zumba® (8 weeks beginning Jan. 12)	W	7:00 PM	FCHC Rehab Center
<b>New!</b> Belly Dance (\$9 per class, no discounts)	T	6:45 PM	FCHC Rehab Center
Beginning Ballroom Dance	TH	6:45 PM	FCHC Rehab Center
\$100.00 Couple, \$60.00 Single – Cannot be combined with other class pricing!			
SilverSneakers® MSROM	T-TH	10:30 AM	FCHC Rehab Center
(Free to Medicare Advantage subscribers, regular pricing applies to others)			

Golden Retrievers	M-W	10:00 AM	Fulton County Senior Center
Donations appreciated. Co-sponsored by American Physical Rehabilitation Network.			
<b>New!</b> Aikido – Beginner	M	5:30 PM	Fulton County Senior Center
10 Classes \$60 (class is 90 minutes)			

### Wauseon Aquatics Classes

Class	Day(s)	Time	Location
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-W-TH	6:00 PM	FCHC Rehab Center
Arthritis Aquatics	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M-W	4:30 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
8 weeks - \$32; Jan. 15 – March 5			

### Bryan Class

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

### Delta Class

Class	Day(s)	Time	Location
Cardio Dance	TH	5:45 PM	Delta Memorial Hall

### Evergreen School District Classes

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

### Fayette Class

Class	Day(s)	Time	Location
Cardio Dance	W	6:15 PM	Fayette Jr. H.S. Gym

### Liberty Center Class

Class	Day(s)	Time	Location
Cardio Core	M-TH	3:30 PM	Liberty Center Elem. School Library

### Pioneer Classes

Class	Day(s)	Time	Location
<b>New!</b> Total Body Tone	T	5:30 PM	Church of the Nazarene
<b>New Time!</b> Cardio Dance	TH	5:30 PM	Church of the Nazarene

### Swanton Class

Class	Day(s)	Time	Location
Cardio Core	T-TH	6:00 PM	Crestwood Elementary

### West Unity Class

Class	Day(s)	Time	Location
Cardio Dance	T-TH	6:15 PM	Solid Rock Church



# Health & Fitness Classes

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## Health & Fitness Class Descriptions

### Cardio Dance (formerly Smooth Moves)

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

### Golden Retrievers

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

### Kids Tumbling For Fun – Beginner

Designed for the gymnast who is just starting his or her career. This class will introduce 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. 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 (continued)

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Aerobics	W-F	9:00 AM	Wyse Commons
Aquatic Aerobics	T-TH	5:45 PM	Wyse Commons
Aquatic Noodle Workout	M-W	5:45 PM	Wyse Commons
Arthritis Aquatics	W-F	10:15 AM	Wyse Commons
Arthritis Aquatics	M-W	4:45 PM	Wyse Commons

Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.	10 classes - \$27, 20 classes - \$40, 21 or more classes - \$50		
Cardio Core	T-TH	5:30 AM	Park Pavilion
Cardio Core	T-TH	5:30 PM	Park Pavilion
Turbo Kick®	M	5:30 PM	Park Pavilion
Turbo Kick®	W	5:00 PM	Park Pavilion

Kids Tumbling for Fun – Beginner (4-7 yrs.)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Kids Tumbling for Fun – Intermediate (4-7 yrs.)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria
8 weeks – 1x/week - \$32 (class begins Jan. 15)			

Golden Retrievers	M-W	9:15 AM	Wyse Commons
Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.			

## Yoga Classes: Yoga classes cannot be mixed & matched with other classes.

Wauseon Classes	Day(s)	Time	Location
<b>New!</b> Yoga - Intermediate (Mat Required)	SAT	9:00 AM	FCHC Rehab Center
<b>New!</b> Yoga - Beginner (Mat Required)	SAT	10:30 AM	FCHC Rehab Center
10 classes - \$47, 20 classes-\$74			

Pioneer Class	Day(s)	Time	Location
Yoga (Mat Required)	T-TH	7:00 PM	Church of the Nazarene
10 classes - \$47, 20 classes - \$74			

Swanton Class	Day(s)	Time	Location
Yoga (Mat Required)	T	7:15 PM	Swanton Public Library
10 classes - \$47, 20 classes - \$74			

Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
<b>New!</b> Yoga - Beginner (Mat Required)	M-TH	6:30 PM	Park Pavilion
<b>New!</b> Yoga - Intermediate (Mat Required)	M-TH	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60			

## Health & Fitness Class Descriptions

### 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® Muscular Strength & Range of Motion

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 and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

### Total Body Tone

This class utilizes and requires a light pair of dumbbells and an exercise mat. Individuals will go through a 60 minute workout that will include a warm-up, resistant training session that will target the entire body, and a cool down.

### Turbo Kick®

It's a combination of kickboxing and dance moves all perfectly choreographed to energetic and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of strength and endurance interval training, and a relaxing cool-down.

### 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 - Beginner

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®

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



# 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

### **Healthy Eating With Diabetes**

Learn the basic survival skills of eating for optimal blood sugar control. Tuesday, Feb. 15, 7:00-8:30 pm, \$5 suggested donation. FCHC Surgery Conference Room. Must pre-register at 419-330-2735.

## Healthy Eating

### **Get Fit Kids**

Class for elementary school age children and their parents. Learn about eating well, moving more, and making a healthy snack. Saturday, Jan. 29, 9:00-11:00 a.m., \$5 suggested donation, FCHC Beck Meeting Room.

## Heart Health

### **Healthy Cooking & Eating**

Celebrate National Nutrition Month by learning about healthy, quick and simple meals and snacks. Tues., March 22, 6:30 – 7:30 pm, Wyse Commons Gathering Space, Fairlawn Retirement Community, Archbold. Taught by FCHC dietitians. Suggested donation of \$5 to cover the cost of supplies. Must pre-register at 419-330-2735.

### **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, Jan. 11 or March 8, 9:30 - 11:00 am, \$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! Tuesday, Jan. 25 or March 22, 9:30 - 11:00 am, \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **Blood Pressure Management**

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, Feb. 8, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

## Safety

### **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, March 19, 8:00 am - 2:00 pm, \$50, FCHC Ground Floor Meeting Room.

## Weight, Smoking

### **9 Week Challenge**

Nine week weight loss class with healthy eating information, exercise ideas and accountability. Taught by Registered Dietitians. Tuesdays, Jan. 18 – March 15, 11:30 – 12:00 pm, or Wednesdays, Jan. 19 – March 16, 4:30 – 5:00 pm, \$30, FCHC Cafeteria.

### **Hypnosis**

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can assist you in making the change towards a healthier you. Cost: \$50 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 \$40 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

**Monday: Jan. 24, March 21**  
Weight Loss – 5:30-6:45 pm  
Stop Smoking – 7:00-8:15 pm

**Saturday: Jan. 22, Feb. 26, March 19**  
Weight Loss – 1:00-2:30 pm  
Stop Smoking – 2:30-4:00 pm

## 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.

## Diabetes Education & Support

### **Stress, Sleep and Weight Control**

Learn how sleep, stress and weight problems are linked. Get tips on how to manage each of these challenging issues. Register by calling the Diabetes Education Office at (419) 330-2772 or by visiting [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org). Suggested donation of \$5 to cover the cost of supplies. Two different dates and locations: Tues., Jan. 25, 6-8 pm, Wyse Commons Gathering Space, Fairlawn Retirement Community, Archbold AND Thur., Jan. 27, 6 -8 pm, Swanton Public Library, 305 Chestnut St, Swanton.

### **Cardiovascular Disease 101**

Learn about the 4 main types of cardiovascular disease, risk factors, disease process, warning signs, and prevention. Let us help keep your heart strong and your blood vessels flowing! Tues., Feb. 22, 6-8 pm, Wyse Commons Gathering Space, Fairlawn Retirement Community, Archbold. Taught by certified diabetes educator. Suggested donation of \$5 to cover the cost of supplies. Must pre-register at 419-330-2772.

### **Healthy Cooking & Eating**

Celebrate National Nutrition Month by learning about healthy, quick and simple meals and snacks. Tues., March 22, 6:30 -7:30 pm, Wyse Commons Gathering Space, Fairlawn Retirement Community, Archbold. Taught by FCHC dietitians. Suggested donation of \$5 to cover the cost of supplies. Must pre-register at 419-330-2735.

### **Balancing Life with Diabetes** (formerly Mountain Climbing)

Monthly class in self-help for the person with diabetes: 2nd Thurs. of every month, 7-9 pm; \$5 suggested donation. FCHC Meeting Room. No registration necessary. Please note that these classes will be offered evenings only in 2011.

**January: How Your Body Works.** Dr. Becky McClarren. Learn the amazing way our bodies function with or without a diagnosis of diabetes. Thurs., Jan. 13, 7-9 pm.

**February: Mindfulness.** Karen Dierkens, LPCC, LSW. **New class!** Living an intentional life for better diabetes management. Thurs., Feb. 10, 7-9 pm.

March: **Let's Eat!** Jill Crossgrove-Murillo, RD, LD. A nutrition discussion focused on carbohydrates, proteins, & fats and how to put them together in a healthy and tasty way. Thurs., March 10, 7-9 pm.

### **Diabetes Support Groups**

Every Wednesday of 2011, 9:30-10:30 am, every Thurs., 3-4 pm, and the second Thurs. of every month from 5-6 pm. Diabetes Education Office, 3rd Floor, FCHC. Free. Learn from the educators AND from others traveling the diabetes journey. If you need assistance in staying on track with your diabetes self-care, this is the place for you!



# 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.

## 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 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.

## Oncology Programs

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.

**American Cancer Society Services on Site:** "Look Good/Feel Better", Patient Navigator and Cancer Resource Center (Cancer information).

**American Cancer Society Programs by referral:** "Reach to Recovery" and "Road to Recovery."

**Physical Therapy, Stomal Therapy and Wound Care on site.**

**Lymphedema Clinic** - An outpatient clinic that 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.

## Health TIPS

*Health Tips is designed to offer you simple suggestions for a healthier lifestyle. In this issue we offer:*

### Tips for a New You in the New Year



Eat a variety of fruits, vegetables and whole grains daily.

Limit foods and drinks high in calories, sugar, salt, fat & alcohol.

Be active for at least 2-1/2 hours a week. Include activities that increase your breathing and heart rate and strengthen your muscles.

Stop smoking and avoid breathing other people's smoke.

Wear helmets, use seat belts and sunscreen.

Get annual preventative health screenings recommended for your sex and age.

Join an FCHC Fitness Class or attend an FCHC health education program to learn more ways to improve or maintain your health!

## FCHC Recognized as Fit-Friendly

For the second consecutive year, Fulton County Health Center has been recognized as a "Gold-Level Start! Fit-Friendly Company" by the American Heart Association's Start! Movement. The award was earned for helping FCHC employees eat better and move more. This year, for the first time, we also received the "Worksite Fitness Innovation Award," one of only 70 such awards given in the nation this year from applications collected in July 2010. Of those 70 awards, FCHC was one of only six to receive the fitness award from the American Heart Association's Great Rivers Affiliate, which includes Ohio, Pennsylvania, Kentucky, West Virginia and Delaware. The Worksite Fitness Innovation Award resulted from data on measurable outcomes of our bi-monthly Lunch & Learn sessions and our quarterly fitness challenges. "We're committed to providing the best workplace environment possible," says E. Dean Beck, FCHC Administrator. "The fact we've earned the Gold-Level award two years in a row means we are making progress in helping our employees maintain good health."

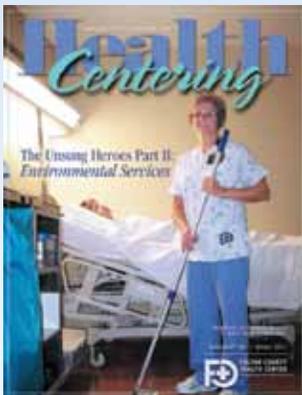
The Health Center was recognized as a Gold-Level employer because it:

- Offers employees physical activity options
- Increases healthy eating options
- Promotes a wellness culture and
- Implements at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture



FCHC staff members proudly display the plaque awarded to the Health Center for being a Fit-Friendly organization. (L-R): Jamin Torres, Fitness Coordinator; Kelly Frey, Benefits Coordinator; E. Dean Beck, Administrator; Christine Cook, American Heart Association staff member; Kristy Snyder, Director of Human Resources; and Rachel Geckle, Recruiter/Education, Training & Benefits Manager.

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New Kidney Stone Treatment  
FCHC News & Notes  
FCHC Recognized as Fit-Friendly  
Health Tip for the New Year  
Lobby Renovation  
Health & Fitness Classes

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.

## Auxiliary Funds Lobby Renovation

Visitors to FCHC will notice a big change in our main entrance and lobby area when they come in, thanks to the FCHC Auxiliary. They have once again stepped up to fund an upgrade of our main lobby. “The Auxiliary first upgraded the lobby approximately 16 years ago, and it was badly in need of being done again,” says Julie Engler, FCHC Auxiliary Volunteer Coordinator. “The initial impression of our Health Center usually occurs when the public enters the lobby, and we want that impression to be favorable.”

The main switchboard, which had been located in the main lobby, has been moved to the Emergency Department. The Information Desk in the lobby, staffed by FCHC Auxiliary volunteers, is being moved into the area where the switchboard was once housed. An updated Customer Service/Information desk is being installed. “Since the switchboard has been moved, the Information Desk was no longer located in the proper place, and many people did not even notice it when they were trying to find their way around the building,” says Engler. “Our volunteers also had difficulty seeing patients and visitors who were coming from the Medical Office Building and were looking for assistance.”

The worn lobby carpeting will be replaced and the walls that connect the lobby with the rest of the area are being updated. The Gift Shop will also get a face-lift with new colors and carpeting. The Auxiliary Board had pledged money to renovate the lobby from its 2008 funds, and the money has been held in Escrow until now. The final renovation cost is right on target with the amount pledged by the Auxiliary.

Another area being addressed at the same time is the expansion of our Human Resources Department, which is adjacent to our main lobby. The HR Department will expand into the former chapel area. The FCHC Board of Trustees decided to go forward with expanding the Human Resources Department at the same time as the Auxiliary renovations to the main lobby to better coordinate the overall project. For those looking to use the chapel area, the Emergency Department family waiting area will be made available.

FCHC would like to thank our Auxiliary for their commitment to making our facility a better place for people to visit for their health care needs, and to our visitors for their patience during this time while the work is being completed.



*Julie Engler RN, BSN, Volunteer Coordinator (left) and Venita Suon, 2011 FCHC Auxiliary President, look over the new Customer Service/Information area that is taking shape by the front lobby entrance.*