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Health Centering

Health Care for Generations to Come: FCHC's 100 Year Plan



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FULTON COUNTY
HEALTH CENTER
Completing the circle of care

Health Care for Generations to Come

FCHC'S 100-YEAR PLAN



We live in an area of the country where family is important, and several generations may live and work on the same farm or in the same factory or business. As the years go by babies are born, people age, get ill, and pass on.

At Fulton County Health Center, we accept the responsibility of adapting to the evolving health care needs of the multi-generational families we serve. We understand that our physicians and staff must keep pace with promising new pharmaceutical drugs, advancing technology, and new approaches to treating patients.

As we adapt to the changing health care needs of our families and communities both now and into the future, the FCHC Board of Directors and administrative team meet every year to develop short-term and long-term plans for our campus.

Looking Back

Fulton County Health Center opened in the spring of 1973, having moved from the old DeEtte Harrison Detwiler Memorial Hospital that had served as the area's community hospital since 1930.

Over time, services on the FCHC campus continued to expand and facilities were renovated in order to accommodate the health care needs of the area. The original Emergency

Department was expanded in 1990. In 1996, Fulton Manor/Suites was opened on the FCHC campus to provide care for elderly or disabled area residents. To accommodate a growing number of physician specialists who could provide direct patient care right here in town, Fulton County Health Center opened a 23,000 square foot, three-story Medical Office Building in 2001. Then in 2007, a 53,000 square foot south wing was constructed to offer patients a state-of-the-art Emergency Department, an expanded Endoscopy and Same Day Surgery area, while also adding a Heart & Vascular Center. In between those large expansions, continual updates were made to medical equipment along with facility renovations. Most recently, the FCHC Wound Care and Hyperbaric Center opened earlier this summer.

A Short-Term Plan

In 2011, FCHC purchased 120 acres of property adjacent to and behind its present campus, giving planners plenty of room for improvements. In the short-term, the most pressing priority for Fulton County Health Center is to add more space to accommodate physicians and their patients.

"In our area, there is a growing need for physician specialists who can see patients right here in town," says Patti Finn, FCHC CEO. "In the near future, we would like to add a second, new Medical Office Building to the south side of our campus. This will allow us to add more Family Practice physicians and physician specialists to meet the growing demands of area residents."

Planning Goes Long-Term

"A year ago as we were planning and looking at our properties and facilities, one of our board members mentioned our relationship with our architectural firm, Meyer, Bates & Associates," says Finn. "We've worked extensively with them to help us develop our campus." Through this association, FCHC was introduced to Champlin, Inc., a Cincinnati-based architectural firm that specializes in long-term planning and development. "We decided to consult with both companies to help us develop a more comprehensive, long-term plan."

FCHC's planning team was tasked with thinking big as to how they would like to see the Health Center grow to serve the community in the future. Based on the 120 acres of property available for expansion, the planning team was asked to look 100 years into the future.

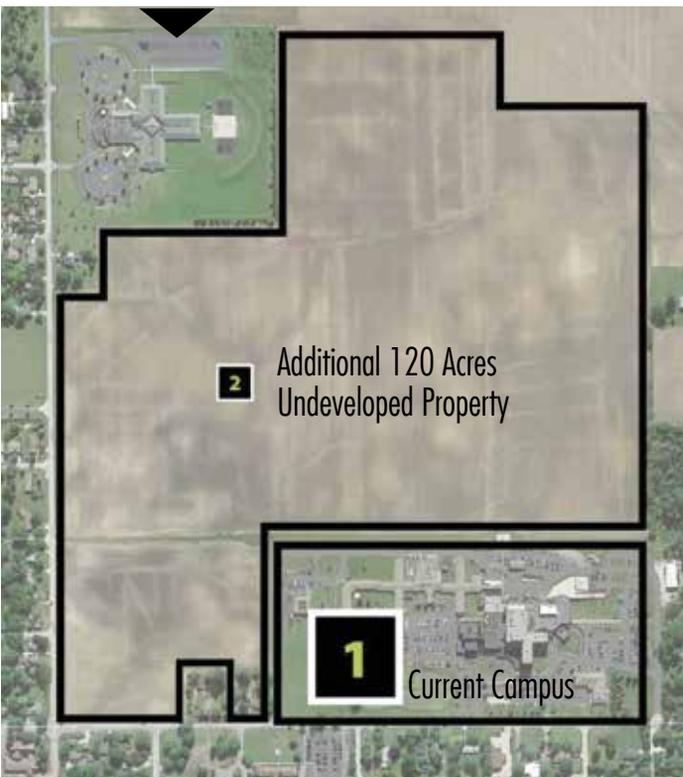
"Clearly, none of the planning team will be around 100 years from now to see how our plans unfold," laughs Finn. "But this unusual exercise took the shackles off and let us make suggestions we probably would have never thought of otherwise."



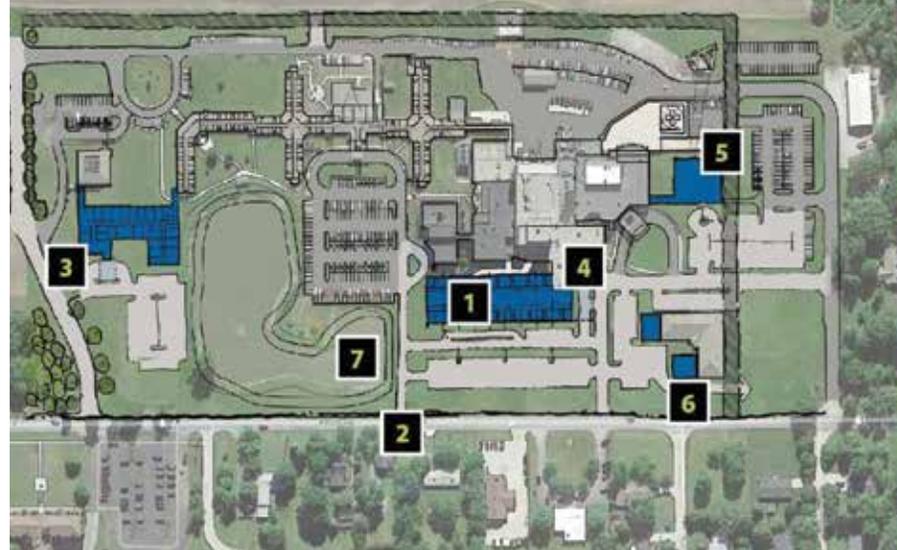
Potential Short-Term FCHC Campus Growth



Current Fulton County Health Center Campus



1. Expanded Hospital Services Tower
2. Separate Access to Assisted Living and Current MOB
3. Expanded Independent Living/Memory Care Unit
4. Main Entry
5. Future Medical Office Building
6. Recent Expansion of the West Ohio Building
7. Reshape Retention Pond



Unique Ideas for Campus Development

The 100-year plan that evolved includes suggestions for an entire retirement community of condominiums with possible retail space nearby that would allow retirees to walk to a local convenience store for such things as staple foods. An on-site pharmacy and restaurants were also suggested, which would allow the retirement community to become a nearly self-sustaining village. A key part of the planning involved wellness. FCHC has enough property behind its present facilities to allow the development of walking and biking trails.

Another suggestion was the possible development of a memory care unit on campus. FCHC already has Fulton Manor/Suites, a long-term care and independent living facility. The memory care unit would expand the Health Center's range of services.

(Continued on page 4)

(Photo at top) Members of the FCHC Administration review the campus plan for the new Medical Office Building (L-R): Jenee Seibert, Director of Finance; Mary Jo Smallman, RN, Fulton Manor Administrator; Jo Short, RN, MSN, APRN-BC, Director of Nursing; Patti Finn, CEO; Steve McCoy, Director of Marketing and Planning; and Kristy Snyder, Director of Human Resources.

Health Care for Generations to Come: FCHC'S 100-YEAR PLAN

(Continued from page 3)

Cardiovascular health is a key health issue locally and nationally. FCHC planners determined that the campus must have a long-term approach to offering fitness-related options for people to improve their cardiovascular health. One suggestion was to possibly add a rehabilitation/fitness facility to the campus. Another suggestion was to create wider sidewalks so a person in a wheelchair could get around more easily, and two or three walkers could walk side-by-side. A community garden was also recommended.

"The one constant we used as our focal point for discussions and planning was our mission to provide a complete circle of care for area residents," says Finn. "But what everyone needs to remember is that this 100-year plan is in a state of flux. If there are changes and improvements in the delivery of health care over time and our plan does not match those trends, then we must change our plan. We have to be flexible. We are also not ready to go out and break ground for any mega-facility any time soon. The area behind us is all farmland and has no infrastructure whatsoever. So electric, gas, water, sewers, and roads would all have to be developed first."

Using Research as a Guide

A portion of the FCHC planning process involves the results of sophisticated research on the state of health of local residents. This research is provided by the Fulton County Health Assessment, a survey of adults and youth in Fulton County that is conducted every three years (For a complete copy of the report, visit www.fultoncountyhealthcenter.org and click on the link in the lower left corner). The Fulton County Partners for Health, a consortium of area health care organizations that includes FCHC and the Fulton County Health Department, are involved in the research study. A written survey is mailed to a random sample size of adults and adolescents in Fulton County. It probes the respondents about many health topics such as cardiovascular disease, cancer, diabetes, weight, use of tobacco products, and access to health care.

"This three-year survey allows us to look at the health care of adults and youth in Fulton County and identify trends," says Steve McCoy, FCHC Director of Marketing and Planning. "We can compare the current trends to those from previous years and determine what, if anything, has changed and whether or not all of the agencies involved in the study are meeting the health care needs of the community." McCoy says the survey results are used to help guide the FCHC planning team as they look short-term and into the future.

100 Years into the Future: A Possible FCHC Community



1. Original Hospital Campus
2. Entrance to Future Retirement Village/ Medical Office Buildings
3. Future Medical Office Buildings
4. Independent Living Apartments
5. Senior Village Club House/Restaurant
6. Townhouses
7. Private Housing Neighborhoods
8. Possible Rehab Center and Community Fitness Center
9. Undetermined
10. Community Gardens
11. Senior Apartments/Hotel

A Community-Wide Health Improvement Plan

The results of the Fulton County Community Health Assessment were analyzed and used to create a Fulton County Health Improvement Plan in 2013 (For a complete report, visit www.fultoncountyhealthcenter.org and click on

the link in the lower left corner). The key issues surfaced in the Health Assessment study were ranked by members of the Fulton County Partners for Health. Four priorities were identified as focal points over the next three years to be addressed by all members of the Fulton County Partners for Health:

1. Adult Cardiovascular Health
2. Adult and Youth Mental Health
3. Adult and Youth Weight Control
4. Youth Bullying

Benefiting Generations to Come

"All successful organizations hold regular planning sessions so they can be proactive and not be reactive to events surrounding them," says Finn. "In the long-run, the efforts put in to develop our short and long-term plans will ultimately be a great benefit to current and future generations of our community. I thank our Board of Directors and administrative staff for being proactive, thinking big, and remaining committed to improving the overall health and the delivery of health care to our citizens."



Leah Leeper, RN, FCHC Hyperbaric Safety Director, prepares a patient for Hyperbaric Chamber treatment.

Wound Care Center Up & Running

FCHC'S new Wound Care & Hyperbaric Center, which opened in June, has been quite busy caring for both outpatients and inpatients. The facility is located on the ground floor of the FCHC Medical Office Building. The facility is led by Munier Nazzal, MD, FACS, FACCWS, Medical Director, Board Certified General and Vascular Surgeon, Board Certified Clinical Wound Specialist. Karen Bauer, CNP, CWS, CHRN, Program Director, Nurse Practitioner/Wound Specialist, says the Wound Care Center is operating as a full-service facility.

"We're fully taking care of patients in the Fulton County area who have chronic wounds by integrating our care," says Bauer. "Our comprehensive wound care includes working with patients at Fulton County Health Center, visiting area nursing facilities to check on patients with wound problems, and working with area home health care agencies to identify and care for patients in their homes." The FCHC Wound Care staff has also conducted educational seminars at FCHC, area nursing facilities, as well as local restaurants to help the public understand more about the options for wound care. "Our care is not fragmented where we treat a patient a few times and never see him or her again," says Bauer. "Our care is comprehensive, so we may treat a patient while they are an inpatient at FCHC, follow them to a local nursing facility, and then continue to care for them in their home. There are no other full-service wound care clinics in Fulton County."

On September 1st, the Wound Care Center's Hyperbaric Chamber became operational and was added to the mix to treat patients. The Hyperbaric Chamber is a large, clear acrylic tube



Teresa Hartsock, LPN, FCHC Lead Clinic Nurse, wraps a wound for a patient.

that is pressurized with 100% oxygen. Patients will lie comfortably on a stretcher in the chamber in 90-minute intervals, once a day for typically five days a week. The 100% pressurized oxygen helps to heal tissue while also increasing the body's metabolism and ability to fight infection. The Hyperbaric Chamber will only be applicable to specific patients based on their type of wounds. Bauer says these are patients with non-healing diabetic foot ulcers, bone infections, and tissue damage from radiation therapy. "The majority of our patients will undergo comprehensive therapy with dressings and other modalities for wound care," says Bauer. "Our goal is to provide multi-disciplinary care to ensure optimal healing."

The FCHC Wound Care & Hyperbaric Center includes a comfortable waiting room, four treatment rooms, and a large room that houses the Hyperbaric Chamber. In addition to Dr. Nazzal and Program Director Karen Bauer, the facility has five other staff members: a safety director and technician in the Hyperbaric Chamber room, a lead nurse, wound care trained medical assistant, and a registration/precertification staff member.

The FCHC Wound Care and Hyperbaric Center is located in the FCHC Medical Office Building on the Health Center's main campus at 725 South Shoop Avenue, Suite G-03 in Wauseon. Patients should contact their primary care physician for a referral to the FCHC Wound Care & Hyperbaric Center. For more information about the Center, call 419-337-7832.

FulCare Adds Music Therapy



AS part of FulCare Behavioral Health's commitment to bringing the best available services to its patients, we are now offering Music Therapy to our Geriatric Inpatient and Intensive Outpatients. Hannah Rocheleau, MT-BC, Neurologic Music Therapist, has joined our team of nurse practitioners, social workers, registered nurses, and a psychiatrist. Music Therapy will be used in the treatment of persons suffering from depression, anxiety, and other debilitating psychiatric disorders, which may interfere with quality of life.

Research has shown Music Therapy to be effective in addressing mental health goals such as:

- Reduced muscle tension
- Increased self-esteem
- Decreased anxiety and agitation
- Increased verbalization
- Reduced depression among older adults
- Enhanced interpersonal relationships
- Improved group cohesion
- Increased motivation
- Successful and safe emotional release

Rocheleau, who is from Monroe, Ohio, studied Music Therapy at Michigan State University and graduated with a Bachelor of Music degree. After completing her Music Therapy Internship at Eastern State Hospital in Williamsburg, Virginia, Rocheleau returned to Ohio to become board certified as a Music Therapist. She has provided Music Therapy to seniors at a Dayton inpatient psychiatric hospital since 2014.

Since 1981 FulCare Behavioral Health has been helping clients deal with many behavioral and emotional life problems. Formerly known as the Stress Unit, FulCare offers solutions to adults struggling with emotional life challenges. For more information about the Music Therapy program, call FulCare Behavioral Health Services at 419-330-2775.

FCHC Offers Lactation Consultants

If you or a loved one is planning to have a baby, make sure you take advantage of FCHC's free Lactation Consultant program to learn more about breast feeding and its advantages. The program has been offered for years through the Health Center's Prenatal Breast Feeding class and its Partners in Pregnancy program. Nanette Schwab, RN, IBCLC, has been a Lactation Consultant at FCHC for 20 years and an FCHC Obstetrical Nurse for 30 years. Angela Riegsecker RN, IBCLC, a 13-year member of the FCHC OB Department, became a certified Lactation Consultant two years ago.

There is no fee for the consultation, and it is open to all FCHC Obstetrical patients as well as any woman in the area who gives birth. "We will often consult with a woman while she is in the hospital after delivery," says Schwab. "Or we'll spend time talking to her when she brings her baby back for a well-baby check-up a few days after delivery." Both Schwab and Riegsecker can be reached 24-hours-a-day by mothers who have questions.

Schwab says 82.4% of mothers who deliver at FCHC will breast feed their babies while they are in the hospital, a number that is higher than the national average. Many of them will continue to do so after they leave the hospital. The American Academy of Pediatrics suggests that mothers breast feed their babies exclusively (no other food) for the first six months of life. From age six months to one year, the Academy suggests continued breast feeding with complementary foods added. Breast feeding can continue as long as mutually agreeable for the mother and baby.



(L-R) FCHC's Lactation Consultants: Angela Riegsecker, RN, IBCLC, FCHC OB Nurse for 13 years and Certified Lactation Consultant for two years; Nanette Schwab, RN, IBCLC, FCHC OB Nurse for 30 years and Certified Lactation Consultant for 20 years. Schwab is also the Prenatal Breastfeeding Class Instructor.



Medical studies show there are several advantages that breast feeding offers to babies as well as mothers:

Breast Feeding Advantages to Infants

1. Forms a special bond between mom and baby with frequent skin contact
2. Supports immune and digestive systems, leading to fewer ear infections, colds, and less diarrhea or constipation
3. Helps to prevent asthma, atopic dermatitis, and certain allergies
4. Decreased incidence of SIDS
5. Less risk of developing obesity, childhood leukemia, diabetes
6. Less crying, happier baby
7. Enhances dental health, oral-motor development, and speech
8. Aids cognitive development, higher IQs

Breast Feeding Advantages to Mothers

1. Convenience & cost savings (no need to purchase formula)
2. Decreased incidence of breast, uterine, and ovarian cancers
3. Decreased incidence of heart disease and type 2 diabetes
4. Decreased risk of osteoporosis, anemia
5. Promotes faster loss of pregnancy weight gain
6. Enhances emotional health, since the hormones involved in breast feeding help you feel calm and connected with your baby
7. Reduces days off work due to a sick child, resulting in fewer medical expenses

For more information about FCHC's Breast Feeding program, contact the Obstetrical Department at 419-330-2757.

FCHC News & Notes

Community Health Day/Fulton County Day at Sauder Village

FCHC will be the sponsor for Community Health Day and Fulton County Day at Sauder Village in Archbold on Saturday, Oct. 17, 10:00 a.m. - 5:00 p.m. Fulton County residents will receive free admission to Sauder Village that day by showing their ID. FCHC employees, who are not Fulton County residents, will also receive free admission by showing their FCHC ID badge. FCHC staff members, as well as health and wellness professionals from other organizations, will be on hand to provide various health screenings and information. Watch your local papers for more details.

Dinner with the Docs

FCHC will present a free dinner and program to be presented in an informal setting, where attendees can ask cancer related questions to a panel of physicians. The program will be held on Wed., Oct. 28. Check in is at 5:00 p.m., dinner 5:30 p.m., and the program at 6:00 p.m. Watch for more details in your local newspapers, on our website (fultoncountyhealthcenter.org) or on our Facebook page. Registration ends Oct. 21 and will be limited to the first 100 registrants. Call 419-330-2735 and select Option 4 to register.

Help Fight Cancer

"CeleBRation" is an annual fundraiser of Friends of Fulton County Cancer patients. The funds raised will be used to help recently diagnosed cancer patients with treatment at the FCHC Rainbow Hematology/Oncology Treatment Center. The event will be held Thurs., Oct. 1, 5:30-8:00 p.m. in the FCHC Beck Meeting Room. It will feature a chicken BBQ, silent auction, raffle baskets, a 50/50 raffle, and a physician guest speaker. Join us for dinner and donate an inexpensive bra you have decorated to create a story about Breast Cancer Awareness. These Cups Full of Cure Bras will then be auctioned. Dinner tickets are \$8.50 each (pre-sale only); carry out dinners will be served from 3:30-6:00 p.m. Contact Lynette Shepard at lshepard@fulhealth.org or 419-330-2651, Ext. 5151 for more information.

(Continued on page 12)

Help for Parkinson's Patients

FCHC will begin offering a program for people with Parkinson's disease to manage their symptoms and maintain quality of life. The fitness program, Delay the Disease™, is licensed by OhioHealth, a Columbus-based health care organization. This program has not been available in this area until now. It is designed to empower people with Parkinson's disease by targeting their symptoms and optimizing their physical function. Programs like Delay the Disease™ are now demonstrating significant change in the level of function of persons. David Zid, creator of Delay the Disease™, states: "Exercise allows you to manage Parkinson's Disease, not have Parkinson's Disease Manage you."

Parkinson's disease is a disorder of the central nervous system that develops gradually. It affects movement and often begins with a slight tremor in one hand. Parkinson's also causes rigidity of muscles and slowing of movements over time. Patients with Parkinson's disease can have behavioral disorders and sleep problems. Two other typical symptoms are slurred speech and the inability to swing the arms when walking. Unfortunately, Parkinson's disease symptoms worsen over time, which is where the Delay the Disease™ fitness program can help.

Becky Myers, B.S., PTA, an FCHC Physical Therapy Assistant, has been certified as an instructor for the Delay the Disease™ program. "We will gear the sessions toward the clientele we have," says Myers. "People with Parkinson's disease may have various degrees of disabilities. Some may be ambulatory, others may have difficulty walking, and then there are those who may be in a wheelchair. We have to find the activity or exercise that each individual can do."

Myers says a key part of the program will be to utilize stretching to reduce stiffness in patients in order to increase mobility. "If a person has a hand tremor, we will work to improve their fine motor skills to help with handwriting," explains Myers. "If they don't swing their arms while walking, we will work to improve that. Or, if they have difficulty swinging their legs to get out of a car, then that's something we'll target." Some additional goals of the Delay the

Disease™ fitness program is to help patients with:

Moving about in a crowd with more ease and confidence

Getting out of bed or rising from a chair independently

Improving posture

Improving walking skills to overcome "freezing" where, due to the disease process of Parkinson's, the patient becomes unable to move forward

"It all comes down to what is the biggest problem each person is facing, and how can we target that problem with stretching, exercise, and various activities," says Myers. A key component of the Delay the Disease™ program is teaching exercises and movement strategies that can be performed at home multiple times a day if needed. During the class, medicine balls and weighted sticks may be used along with resistive bands. Weight machines will not be used.

Myers says she and other staff members at the FCHC Rehab Center have treated multiple patients with Parkinson's disease. After attending a continuing education course for Delay the Disease™, Myers was inspired to start a class in this area. The Parkinson's Foundation of Northwest Ohio, based in Toledo, estimates that there are 55-60 patients with Parkinson's disease in Fulton County.

Delay the Disease™ will be held every Thursday at 11:30 a.m., beginning September 24, in the FCHC Rehab Center on Elm Street near downtown Wauseon. There is a \$5 fee per class session. To register call 419-330-2735 or register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs).

For more information about the Delay the Disease™ program for patients with Parkinson's disease or to participate as a class volunteer, call Becky Myers, B.S., PTA, FCHC Physical Therapy Assistant, or Karen Lance, M.S., CCC-SLP, FCHC Director of Rehabilitation, at 419-335-1919 or e-mail, rehab@fulhealth.org. Please come out and join, either as a participant or volunteer. Hope to see you there!

Message from the CEO

A year ago our Board of Directors sat down with our administrative team for our annual planning session. The planning session is very important to the long-term development of our Health Center, as it sets the direction we want to take for facilities, equipment and staff. In the process of going through our planning exercise, we decided to think big and plan long-term, really long-term, as in 100 years from now. Our lead story covers this 100-year plan and the reasons for it. I hope you take the time to learn more about where your Health Center is headed in the future.

In this issue we cover several different topics. One article covers breast feeding classes and information for mothers who can use the free services of our Certified Lactation Consultants. This is a program we have offered for many years.

Another article updates what is happening at our Wound Care & Hyperbaric Center, a topic that is certain to be of interest to those with chronic wounds that won't heal. We also present information about a new program we are introducing at our FCHC Rehab Center - Delay the Disease™ - which is designed to assist those with Parkinson's disease. These new programs, incidentally, are the direct result of previous planning efforts by the FCHC Board of Directors and our administrative team.

As always, please consider taking advantage of our health and wellness programs offered at a facility near you. Please understand that we are committed to first offering wellness programs for you, and then providing care when you are ill or injured.

Stay healthy, and enjoy the beautiful northwest Ohio fall colors we will soon see!

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



Health & Wellness Programs

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

Fitness

Delay the Disease

A fitness program designed to empower people with Parkinson's disease to take control with daily exercise. Thursdays, beginning Sept. 24, 11:30 a.m., \$5/class. FCHC Rehab Center. For more information, call Becky Myers at 419-335-1919.

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Cooking 101: Stop & Chop

First class in a series on Healthy Cooking. Come and learn the basics of preparing food. We will start with cleaning and cutting. Samples provided. Thurs., Sept. 17, 6:00-7:00 p.m., location to be announced. Must pre-register by Sept. 14 by calling 419-330-2721.

15 in 2015

7-week series offered Tuesdays, Sept. 29-Nov. 10, 12:00-12:30 pm. Please pre-register by Sept. 25 at 419-330-2721. Keep your healthy habits happening over the fall with this nutrition-focused class geared to teach lifestyles that promote weight loss. \$35. FCHC Emergency Department Conference Room.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Oct. 6, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Oct. 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Smoking Cessation

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! Mon., Oct. 5, 12, 19, & 26, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.

Weight Loss Surgery: Sleeve Gastrectomy

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Is weight loss surgery right for you? Learn more about this exciting new weight loss surgery option now being offered at FCHC. Join us for an overview of weight loss surgery options and our Weight Solutions program. You will also learn how bariatric surgery can treat chronic health conditions related to obesity such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. Thursday, Oct. 1, Nov. 5, or Dec. 3, 6:00 p.m. Free. FCHC Beck Meeting Room A. To register, call our Weight Solutions program at 419-337-7373.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Sept. 19 or Nov. 14, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., Oct. 10 or Dec. 5, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

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

Sat., Sept. 26, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., Oct. 17, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.

Sat., Oct. 24, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Senior Health

Road to Wellness

The 7th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 6, 9:30 a.m. - 2:30 p.m. at St. Caspar Church Parish Life Center, Wauseon. The event is free and is sponsored by the Fulton County Aging Consortium. The theme this year is "Which way am I going?" and will present the various options for care as we age, using entertaining skits. FCHC will provide free blood glucose and blood pressure screenings for attendees throughout the day. Flu shots will also be available throughout the day from the Fulton County Health Department. Pick up a registration form at the Fulton County Health Department and all Fulton County Senior Centers, or by calling the Fulton County Health Department at 419-337-0915.



Health & Wellness Programs

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

Obstetrics: Partners in Pregnancy Programs

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

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

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

Childbirth Education - 2 hours/week for 2-3 weeks or 5 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. Series - \$25. Saturday session - \$40 (includes food/refreshments).

Refresher Class - Review of Childbirth Education class. Optional tours of OB - \$10. Call for appointment.

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.

Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out www.fultoncountyhealthcenter.org.

New! Diabetes Education Community Class at Local Senior Centers

Open to any senior age 60 or older! Delta Senior Center, 401 Main St., Delta - Tuesday, Oct. 20, 11:00-11:45 a.m. Wauseon Senior Center, 240 Clinton St., Wauseon - Tues., Nov. 24, 11:00-11:45 a.m. For more information, please call the Wauseon Senior Center at 419-337-9299 or the Diabetes Education office at 419-330-2772.

Free Support Group

Sept. 10, Oct. 8, Nov. 12, and Dec. 10; 5:00-6:00 p.m., Diabetes Education Office, 3rd Floor. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Grief Support

H.O.P.E.

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

H.E.L.P.

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

Oncology Programs

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

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

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

American Cancer Society Services On Site - Look Good Feel Better - Thurs., Sept. 17 and Nov. 19, 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. Plus **Cancer Resource Center** (Cancer information).

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

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

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

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





Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Sept. 21 – Nov. 28; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).

Health & Fitness Class Descriptions

Aquatic Aerobics

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

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!

Cardio Core

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

Cardio Craze Plus

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

Cardio Dance

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

Delay the Disease

A fitness program designed to empower people with Parkinson's disease to take control of the disease with daily exercise, including Activities of Daily Living exercises.

Drums Alive®

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

Gentle Movement

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

Maximum Burn

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

Parent & Child Water Wonders

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

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.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
Drums Alive®	SAT	10:00 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
<i>(Free to SilverSneakers® card holders, regular pricing applies to others)</i>			
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center
Gentle Movement	M & W	9:30 AM	Fulton County Sr. Center
Class begins Oct. 5 <i>(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)</i>			

Wauseon Aquatics	Day(s)	Time	Location
Aquatic Noodle Workout	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:15 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
<i>(Free to SilverSneakers® card holders, regular pricing applies to others)</i>			
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
Oct. 3 - Nov. 21, 8 Weeks - \$32			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School Gym
No class Oct. 12, Nov. 23/25			

Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elementary School Gym
No class Wed., Nov. 25			

Fayette School	Day	Time	Location
Cardio Dance	W	6:30 PM	Fayette Jr. H.S. Gym
Class begins Oct. 7, No class Nov. 25			

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

Pioneer	Day	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene
Class begins Oct. 5			

Swanton	Day(s)	Time	Location
Cardio Core	T	6:00 PM	Crestwood Elementary
Drums Alive®	TH	6:00 PM	Crestwood Elementary
Drums Alive® participants must bring a stability ball & mat			



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Sept. 21 – Nov. 28; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).

Health & Fitness Class Descriptions

Health & Fitness Classes

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Noodle Workout	M	5:30 PM	Wyse Commons
Aquatic Noodle Workout	W	5:30 PM	Wyse Commons
Gentle Movement	M, W & F	9:30 AM	Wyse Commons
<i>(Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)</i>			
Parent & Child Water Wonders	T	4:00 PM (30 min.)	Wyse Commons
Sept. 29 - Nov. 17, 8 Weeks - \$32			

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

SilverSneakers® Classic

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

SilverSneakers® Splash

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

Tabata Fire

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

Tai Chi

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

Yoga

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

Yoga - Gentle

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

Yoga - Intermediate

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

Zumba®

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

Zumba® Step

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

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

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.
10 classes - \$47, 20 classes - \$74			

Pioneer	Day	Time	Location
Yoga	W	6:00 PM	Church of the Nazarene
10 classes - \$47; Begins Oct. 7			

Swanton	Day(s)	Time	Location
Yoga	T & TH	7:15 PM	Trinity United Methodist
10 classes - \$47, 20 classes - \$74			

Archbold	Day(s)	Time	Location
Yoga – Gentle	M & TH	6:30 PM	Ruihley Park Pavilion
Yoga – Intermediate	M & TH	7:30 PM	Ruihley Park Pavilion
10 classes - \$40, 20 classes - \$60 <i>(Co-sponsored by Archbold Parks & Recreation Dept.)</i>			

Supporting Hands of Grace

Hands of Grace Faith In Action is a Fulton County, non-profit ministry serving the elderly and disabled of our community. They recently received an ODOT grant for a new handicapped accessible van, and FCHC donated matching funds. The van will be used for non-emergency transportation for the Hands of Grace Adult Day Center, medical appointments and so much more.

(Standing, L-R): Patti Finn, FCHC CEO; Gina Saaf, United Way Director; Stacia Radabaugh, RN, Hands of Grace Board; Sharon Morr, Vice President, Hands of Grace; Caroline Lammers, Hands of Grace Office Assistant; Terry Kieswether, Eaton Corp., Grant Writer; Steve Royal, Hands of Grace Driver. (Front): Carl Warner, Hands of Grace Adult Day Center participant.



In This Issue:

Health Care for Generations to Come
Wound Care Center Up & Running
FulCare Adds Music Therapy
FCHC Offers Lactation Consultants
FCHC News & Notes
Help for Parkinson's Patients
Message from the CEO
Health & Fitness Classes
Supporting Hands of Grace

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

Patti Finn,

Chief Executive Officer

Carl Hill

President, Board of Directors

Steve McCoy

Director of Marketing and Planning

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



FCHC News & Notes (Continued from page 6)

Golf Tournament a Success

The FCHC Auxiliary's 16th annual Golf Tournament and Silent Auction was held on June 4, with 32 teams of four participating. The winning teams were American Legion Post 254 (1st place), Wauseon Machine (2nd place), and IntelliHARTx (3rd place). The \$37,500 that was raised was designated for several small projects to make FCHC "More Beautiful, and More Comfortable".

The money was raised from the golf outing, sponsorships and donations, the Chicken BBQ dinners, and the silent auction and raffle prizes. Some of the proposed FCHC beneficiaries are: remodeling projects in the Oncology Department; buying new patient recliners for the Medical/Surgical floor; and other assorted projects. The Auxiliary recently paid for a remodel of the Fulton Manor entry, including new paint, carpeting, some stone work, and a flat screen TV to display residents and their activities. The Auxiliary also installed a faux fireplace in the FCHC lobby this past winter. The Auxiliary works all year long to increase the beauty and comfort at FCHC.



The FCHC Auxiliary recently paid for a remodel of the Fulton Manor entry, including new paint, carpeting and stone work.

FCHC Auxiliary Events

- Sept. 23-24..... Passion for Fashion - purses, clothes, fashion accessories. FCHC Cafeteria.
- Oct. 12-Nov. 9..... Poinsettia Sale order dates. Order from the FCHC Gift Shop or an Auxiliary member.
- Oct. 15-16 \$5 jewelry sale. FCHC cafeteria.
- Oct. 26-27 Books are Fun - books, gifts, toys, cards. FCHC Cafeteria.
- Nov. 5 Nurse's Edge - scrubs and nursing accessories. Fulton Manor Activities Room.
- Nov. 18-19..... U Be Dazzled - jewelry, beads, house products, gifts, misc. FCHC Cafeteria.
- Dec. 3..... Pre-ordered Poinsettias delivered.

Auxiliary Volunteer Opportunities

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