

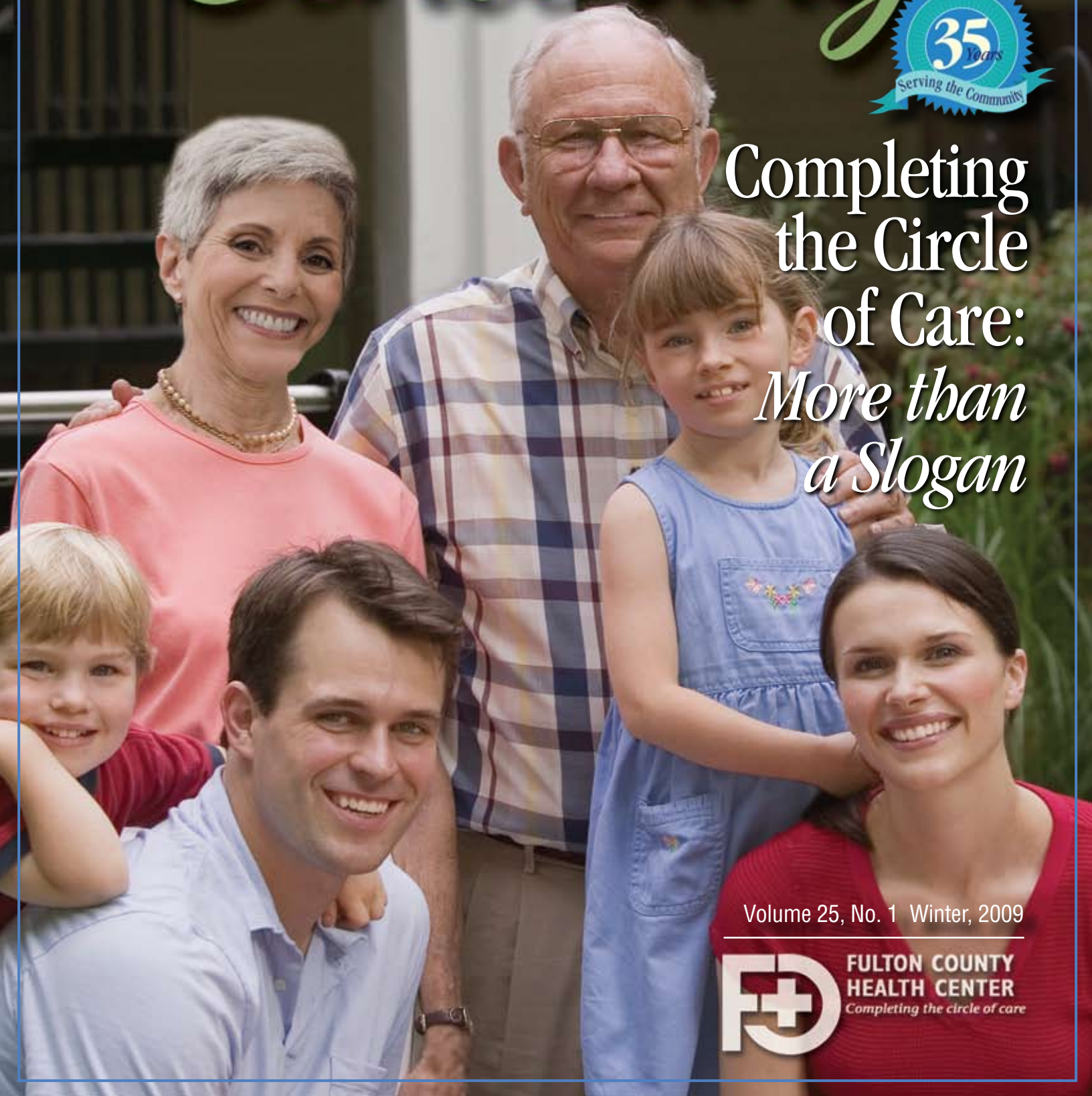
A publication of Fulton County Health Center

Health

Centering



Completing
the Circle
of Care:
*More than
a Slogan*



Volume 25, No. 1 Winter, 2009



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

Completing the Circle of Care: More than a Slogan

In the health care industry, it is common for hospitals to develop advertising slogans every few years as a means to attract new patients. The idea is to provide a new approach to appeal to consumers.

At Fulton County Health Center, we're a little different. We do have a tag line – “Completing the circle of care” – that we use with our logo. But unlike other hospitals that change their focus every few years, we have been using the same phrase since 1996. We've also taken it a step further -- “Completing the circle of care” has become a simplified way of expressing our Health Center's mission, helping to drive our decisions on construction, renovation, and the addition of advanced technology, equipment and staff.

“Our Board of Directors and administrators listen carefully to what area residents are saying about our services as well as what they would like to see,” says E. Dean Beck, FCHC Administrator. Beck says area patients have been asking for more and more services to be offered locally so they don't have to travel to Toledo or Ft. Wayne. “We also keep a close eye on the changing demographics of our communities,” says Beck.

One of those demographic changes in Fulton County is the rapidly growing group of people age 60 and older. That segment of the population is growing faster than the general population. “Fulton County has the highest population base in our four county area,” says Steve McCoy, FCHC Director of Marketing and Planning. “In the year 2000, about 16% of the Fulton County population was age 60 or older. By the year 2020, that age segment is projected to be nearly 25% of our county's population.” How does an aging population affect Fulton County Health Center? “As people age they eventually have more health issues, and that means the amount of care we provide for that age group will rapidly rise over the next 12 years,” says Beck.

But what does listening to the community and watching demographic changes have to do with a promotional slogan? “That phrase, ‘Completing the circle of care’, means we strive to serve all age

segments of our county with the unique health care services required for different ages,” says Beck. “That's why we provide obstetrics, women's health, senior care, cancer care, and mental health . . . to name a few,” says Beck.

“The important thing for people to remember is we've had the same tag line and philosophy since 1996. It's a continued focus on providing, locally, a broad range of services to meeting changing community needs.”

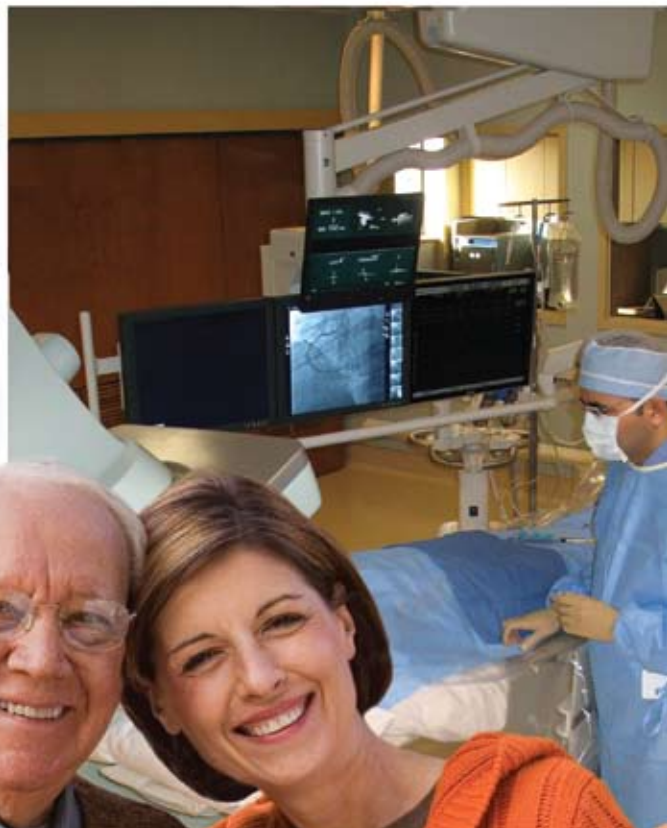
As part of meeting those needs, Fulton County Health Center has just completed an ambitious three-year expansion and renovation project that added a new Emergency Department triple the size of the old one, and provided new or expanded space for surgery

and key diagnostic service areas. And the Health Center is not finished. In 2009, work will begin on the renovation of the Obstetrical Department.

In order to have a better idea of how FCHC focuses on “Completing the circle of care,” consider the various services offered by the Health Center. The list below is by no means comprehensive, but it does help to provide a better snapshot of the “circle of care.”

Women's Health

Compared to men, most women do a better job of taking care of their health. So Fulton County Health Center has developed services to allow women to be more proactive in dealing with their health. Digital mammography has been added that can identify breast abnormalities at a much smaller, earlier, treatable stage. The FCHC Corporate



Completing the circle of care



and Community Health Promotion Department offers many health and fitness classes for women (and men) throughout surrounding communities. The Obstetrical Department uses its Partners in Pregnancy program to prepare mothers ... and fathers ... who are expecting their first child. And, The Rainbow Hematology/Oncology Treatment Center assists women in the treatment of cancer unique to the female population.

Senior Care

One of the Health

Center's most significant moves in "Completing the circle of care" occurred in 1996 when Fulton County Health Center opened the doors to Fulton Manor, its long-term care facility, and Fulton Suites, its Independent

Living units. "As people age they often decide to downsize their homes, or they find themselves needing help with daily medications and moving around," says Beck. "That's where Fulton Manor and Fulton Suites can help. They're both on our main campus so if there is an emergency or the need for testing or more advanced care, the resident can be moved directly to our Health Center." The Fulton Rehab Center

in downtown Wauseon provides physical, occupational and speech therapy for seniors as well as people of all ages. The Diabetes Education program has served patients for many years offering instruction and support in managing diabetes.

Heart Care

Heart Care is another focus of care provided at FCHC. Recently, the Heart & Vascular Center opened to provide heart catheterizations on a local level. The Cardiac Rehab program helps elderly patients who have had a stroke or heart attack to recuperate, recover, and then maintain their recovery through medical and nutritional counseling as well as tips on how to maintain a long-term exercise routine. The Radiology and Laboratory departments have continued

to add sophisticated diagnostic equipment to better identify changes in a person's health. Examples include a 64-slice CT scanner, Magnetic Resonance Imaging (MRI) scanner, and a Positron Emission Tomography (PET) scanner. New Endoscopy tools and procedures have also been added to offer improved views of the inside of the body.

Cancer Care

The FCHC Rainbow Hematology/Oncology

Treatment Center has been helping patients since 1983. The cancer center moved into its current location on the first floor of the Health Center in 2000. This new 9,000 square foot area allowed the treatment center to again meet the growing needs for cancer treatment. The program is accredited by the American College of Surgeons – a prestigious certification, since only 20% of cancer programs in the country are ACS accredited. The new cancer center was part of an expansion project when the Health Center also added a new Medical Office Building which allowed FCHC to offer specialized physician clinics close to home.

Surgery

"Over the past 10 years the largest growth in our Health Center has been in the surgical area," says Beck. "Since 2001 we've gone from having four surgical suites to six suites and now eight suites."

As advancing technology has allowed more surgical procedures to be performed on an outpatient basis, outpatient space was increased dramatically from eight stations to 21 stations. "We lead the four county area in the number of surgeries we perform," says Beck. Health Center statistics show that surgical patients are of all ages and come from all over northwest Ohio, eastern Indiana, and Southern Michigan.

Obstetrics

The FCHC Obstetrical department has been in existence since the Health Center first opened its doors 35 years ago. Through the years the number of births has continued to rise where today, on average, a baby is born nearly every day. Two OB/GYN physicians and several Family Practice physicians provide

prenatal and obstetrical care. The Obstetrical department will be renovated in 2009.

Pediatrics and Adolescents

The FCHC medical staff also includes Pediatricians and Family Practitioners who provide health care to children and adolescents. All of the diagnostic, surgical and treatment services offered to adult patients are also available to children and adolescents, including Emergency Care and Orthopedics. A Sports Medicine program, led by a Certified Athletic Trainer, provides services to athletic programs of area high schools.

Mental Health

In 1981 the Fulton Stress Center began serving patients who were dealing with behavioral and emotional health problems on an inpatient basis. In 1989 outpatient and partial hospitalization services were added. Today, with more effective medications and more focused counseling, the majority of patients are seen on an outpatient basis.

Services Cutting Across Age Levels

Fulton County Health Center offers many services for both males and females of all age levels. Because of the broad spectrum of patients served, it is impossible to place

them in a specific health care category.

For example, our new Emergency Department treats minor cuts, scrapes, and sore throats. It also treats accident and heart attack victims as well as those with major health issues. The Fast Track program, part of the Emergency Department, is designed to serve patients with minor health issues when their doctor's office is closed. The Surgical, Radiology, and Laboratory

departments also serve people of all ages, providing a broad scope of inpatient and outpatient surgical procedures and diagnostic tools.

(Continued on page 4)



Completing the Circle of Care: More than a Slogan

(Continued from page 3)

Specialized Care

There is a core group of Fulton County Health Center services that serve unique segments of our population. Included in that group are: Endoscopy; Diabetes Education; Dialysis; Occupational Medicine; Respiratory Therapy; Sleep Disorder Clinic; Medical Nutrition Counseling; Wound Care; as well as Physical, Occupational and Speech Therapy.

A Focus on Completing the circle of care

"It is impossible to list all of our health care services in this short article," says Beck. "But hopefully readers can read this article and get a better understanding of the broad range of care we offer . . . and how we have worked since 1996 to live up to the motto, 'Completing the circle of care.'"

The healing of patient wounds can be a time-consuming and difficult process. In order to improve the outcomes, Fulton County Health Center has created an outpatient wound care program called Wound Watch that operates Monday-Friday, in the Health Center's first floor Emergency Department. "We treat patients with pressure ulcers, diabetic wounds, abdominal wounds, colostomies, burns, trauma wounds, and surgically created wounds," says Jill Spengler, RN, B-C, WCC, a certified wound care expert. Spengler offers more than 5,000 hours of wound care experience. "Patients usually have a lengthy appointment with me where I provide an assessment, followed by an evaluation, and then treatment of the wound along with patient education on wound care."

Part of the Wound Watch program's regimen is the use of a high-tech procedure called V.A.C.[®] Therapy developed by the KCI[®] company. The key feature of V.A.C.[®] Therapy is the controlled application of sub-atmospheric pressure on a wound. Here's how it works. The patient arrives at Wound Watch and, after assessment and evaluation, Spengler cleans the wound. Next, she inserts a hydrophobic sponge into the wound, drapes it, then applies a T.R.A.C.[®] therapy pad. The pad contains a hole that allows Spengler to attach a tube hooked to a special pump. The pump applies negative pressure to the wound. Drainage from the wound is pulled out, allowing the wound to heal from the bottom up rather than from the top down. "By keeping the wound open on top and pulling the fluids out, we keep the healthy cells in and minimize the risk of infection," says Spengler. Patients who undergo V.A.C.[®] Therapy leave the Health Center with a small carrying case that houses the pump. They return frequently to the Wound Watch unit for follow-up care.



State-of-the-Art Wound Care

In addition, physicians at Fulton County Health Center prescribe and apply an innovative new wound product called Apligraf[®]. This product is different in that it is neither a cream nor an ointment nor a traditional wound dressing. Instead, it is a real human skin graft that uses a unique advanced biological skin repair therapy created from biological ingredients found in human skin. Apligraf[®] is able to help heal and repair venous leg ulcers and diabetic foot wounds, which are older than three weeks. It stimulates the wound to regenerate its own skin and stimulate the body's natural healing processes. Wounds treated in this way are capable of being monitored through the Wound Watch program.

Wound care is provided under the direction of the patient's physician and must be prescribed by the physician. For more information about Wound Watch or the high-tech V.A.C.[®] Therapy, contact Jill Spengler, RN, B-C, WCC, at 419-337-7316. The Wound Watch program's phone line is secure, and a confidential voice mail message can be left.

Message *from the* Administrator

The year was 1973 when UPC bar codes were first introduced, the Sears Tower in Chicago was completed, the Vietnam war came to an end, and Billie Jean King defeated Bobby Riggs in tennis. It was also the year Fulton County Health



Center opened the doors to its current facility. Thirty-five years have passed much quicker than I would have ever imagined. Back then I served as the Health Center's

Controller and would later have the honor of being named its Administrator.

Through the years we have kept in touch with people just like yourself, asking you to tell us what you thought about our services and how we could improve. It was people like you that helped us decide to build a new Emergency Department three times the size of the old version. It was you who suggested we add new technology and programs so you could remain in town for your health care.

Since 1996 we have functioned with the motto, "Completing the circle of care." That motto has served to summarize our mission – to provide top-level health care to patients, regardless of their age, and to group those services so certain segments of our population could benefit better. The result was a scope of services that covers Women's Health, Senior Care, Cancer Care, Wound Care, Inpatient and Outpatient Surgery, Obstetrics, Pediatrics, Mental Health, and more.

We're proud to serve as your source for local health care. And we remain committed to doing whatever it takes while "completing the circle of care" in your life.

Sincerely,

E. Dean Beck

E. Dean Beck,
FCHC Administrator

Have you watched the television show, “*The Biggest Loser*,” on NBC? Contestants compete on teams to see who can lose the greatest amount of weight over a period of time and win the grand prize – thus the name, “*The Biggest Loser*.” Fulton County is planning its own weight loss competition called “Be Healthy Now: Fulton County.”

“If you live, work, and/or worship in Fulton County you will be eligible to enter the competition,” says Sharon Morr, Director of FCHC’s Corporate and Community Health Promotions program and one of the steering committee members. “We’re hoping families, neighbors, co-workers, and church members will form teams of 4-6 people and enter the contest.” Participants must be age 18 or older, and each team must enter the competition under one of three categories – Men, Women or Co-ed. Studies show that people who work together in groups in order to live healthier lives and to lose weight have much more success than those who work alone. “It gives new meaning to the phrase healthy competition,” says Morr.

The Be Healthy Now program has a track record of success. It was established in Van Wert and Hancock Counties and has been quite popular and successful there with more than 3,000 participants alone in Hancock County.

Sponsors of the “Be Healthy Now: Fulton County” program are Fulton County Health Center, the Fulton County Health Department, and the Fulton County Ohio State University Extension Office. Plans call for a February 28, 2009 kickoff, with the actual contest beginning March 1, 2009. There will be a minimal charge of \$5.00 per person to enroll in the program. The fee covers the cost of educational sessions, prizes, program supplies, and printing.

Here’s how the program will work. Competing teams will be weighed at the beginning (February 23-27 weigh-ins) and at the end (May 18-23 weigh-ins) of the contest. The team that has lost the highest percentage of their total body weight at the end of the 12-week contest will be declared the overall team winner. All prizes will be based on highest percentage of total body weight lost and will be awarded to the: Overall Top Team, Top All Male Team, Top All Female Team, Top Co-ed Team, Top Individual Male, and Top Individual Female.

Weekly educational sessions will also be offered throughout the contest to provide suggestions and tips for contestants to stay on track. Topics that will likely be offered include: Tools for Success Orientation; Nutrition and Label Reading/Portion Control; Injury Prevention; Dining Out; Exercise Options; Staying Motivated; Preventing and Controlling Weight-Related Diseases; Setting and Reaching Wellness Goals; Stress, Sleep and Weight Control; Healthy Cooking on a Budget; Obesity and the Heart; Exercising Without a Gym; and Getting Back on Track. Teams will be encouraged to send at least one member to the weekly sessions to be eligible for bonus points.

“Once the competition is over, we plan to introduce monthly health-related programs to help individuals manage their weight and lifestyle,” says Morr. “It’s important that we assist them beyond the 12-week window for the competition.” Fulton County businesses will be encouraged to add their own incentives for employees to participate and lose weight.

“We’re still finalizing the remaining details right now,” says Morr. “I encourage readers to watch their local newspapers for announcements in January.” For more information about the “Be Healthy Now: Fulton County” program, you may also contact the following individuals listed above:



Be Healthy Now Fulton County

Sharon Morr, Director, FCHC Corporate and Community Health Promotions program, 419-330-2723, smorr@fulhealth.org

Cheryl Barber Spires, R.D., L.D., Family and Consumer Sciences Extension Educator, Ohio State University Extension, Fulton County, 419-337-9210, spires.53@cfaes.osu.edu

Rachel Kinsman, Health Educator, Fulton County Health Department, 419-337-0915, rkinsman@odh.ohio.gov

Darrell Topmiller, Fulton County Health Center, 419-330-2606, dtopmiller@fulhealth.org

Timeline for Be Healthy Now: Fulton County!

Feb. 23-27
Community weigh-in (times and locations to be announced in local newspapers)

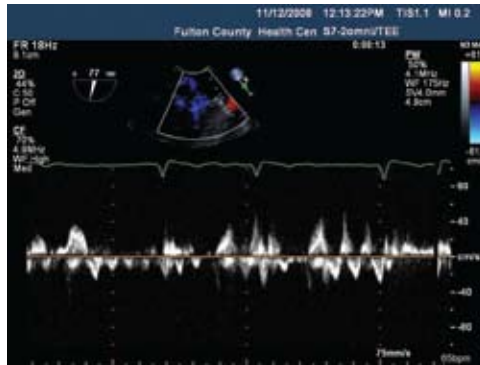
Feb. 28 Kickoff event – final weigh-in opportunity (location, details to be announced in local newspapers)

March 1 Contest begins

May 18-23 Final weight checks – end of contest

June Celebration & awards (date to be announced in local newspapers)

Keeping Your Heart Close to Home



The FCHC Heart & Vascular Center has been in operation since April of this year, and it is already getting rave reviews. "Patients are telling us they really appreciate the fact they can have a heart catheterization done locally and not have family members take time off of work to transport them to Toledo," says Lisa Cheney, RN, Unit Coordinator. "They also like the fact they are already familiar with our facility and are comfortable with our staff." Cheney says the catheterization procedures have gone well, and the staff is appreciative of the support from Family Practitioners who have entrusted them with the care of their patients. The Heart & Vascular Center has even developed a slogan, "Keeping Your Heart Close to Home," to encourage physicians and patients to utilize FCHC's Heart & Vascular Center.

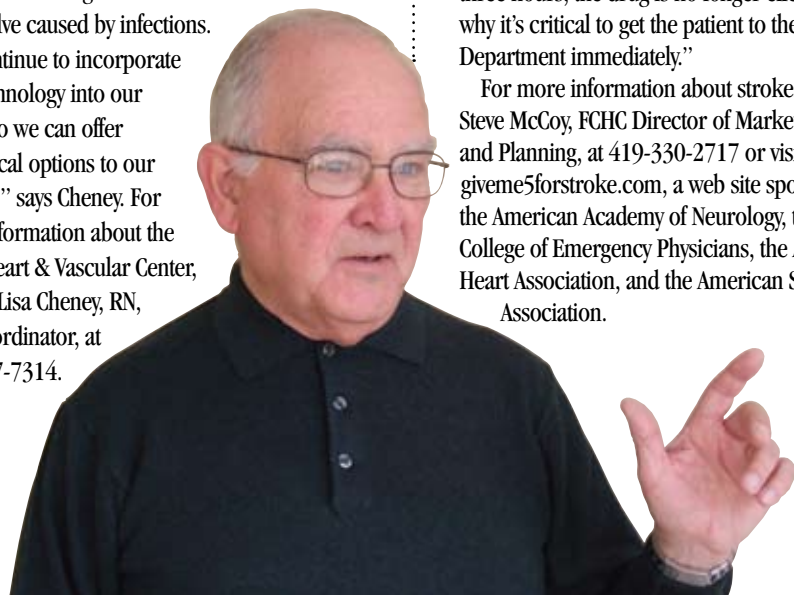
In an effort to keep pace with advancing technology, the Heart & Vascular Center has recently introduced Transesophageal Echocardiograms (TEE), an invasive procedure that provides a completely different view of the heart than traditional echocardiograms. Traditional echocardiograms use ultrasound technology on the chest area to view the heart. TEE looks at the backside of the heart by using a probe introduced through the mouth into the esophagus. "Usually what happens is the doctor prescribes the echocardiogram first, and if it does not provide enough information the TEE is ordered," says Cheney. "The TEE procedure gets us physically closer to the heart with fewer barriers to obscure the image," she says. TEE heart images are also clearer than traditional echocardiograms. The TEE procedure is adept at finding blood clots in the heart chambers which, if pumped out during the normal heart cycle, could move to the arteries of

These are actual TEE images of an FCHC patient's heart. The color in the images represents blood flow to and from the heart. The TEE procedure allows our physicians to take images of the backside of the heart that are sharper than those provided by ultrasound.



the heart and cause a heart attack. If the blood clot were to move to the brain it could cause a stroke. If it were to move to the lungs, it could cause a pulmonary embolism. All three scenarios could be fatal, so using TEE to help diagnose blood clots in the heart chambers is an excellent preventative tool. TEE is also an excellent tool for discovering other conditions like vegetation on the heart valve caused by infections.

"We continue to incorporate new technology into our center so we can offer more local options to our patients," says Cheney. For more information about the FCHC Heart & Vascular Center, contact Lisa Cheney, RN, Unit Coordinator, at 419-337-7314.



Harry Murtiff,
D.O., FCHC
Emergency
Department
Medical
Director

What You Need to Know About Strokes

Stroke is the third leading cause of death in the United States. It is also a leading cause of disability. A stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a blood clot or the blood vessel bursts. When either situation occurs, part of the brain is unable to receive the blood (and oxygen), so it begins to die. Here are five general warning signs of a stroke. If you or someone you know experiences these symptoms, call 911 or go to a hospital Emergency Department immediately:

Stroke Symptoms

1. Their balance is off
2. The person has slurred speech or a droopy face
3. One side of their body appears weak or numb
4. They have lost part or all of their vision
5. They have a very severe headache

According to Harry Murtiff, D.O., FCHC Emergency Department Medical Director, a drug called tPA is used frequently to treat the most common type of stroke. "About 80% of brain strokes are considered ischemic strokes that are caused by blood clots," says Dr. Murtiff. "We give patients tPA to help dissolve the clot quickly and to restore the blood flow to the brain." Dr. Murtiff says the other common type of brain stroke is a hemorrhagic stroke where the blood vessel bursts and bleeds into the brain. "In these cases, tPA is not used because it could increase the amount of bleeding and make the problem worse." A CT scan or MRI is performed at the Health Center to confirm there is no bleeding in the brain before tPA is given. "The key is to give the patient tPA in the first three hours of the stroke attack," says Dr. Murtiff. "After three hours, the drug is no longer effective. That's why it's critical to get the patient to the Emergency Department immediately."

For more information about strokes, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717 or visit www.giveme5forstroke.com, a web site sponsored by the American Academy of Neurology, the American College of Emergency Physicians, the American Heart Association, and the American Stroke Association.

New Physician Joins FCHC

Ron Music, M.D., a Family Practice physician, has joined the FCHC Medical Staff. He has established his West Ohio Family Physicians practice adjacent to Fulton County Health Center in the West Ohio building. Dr. Music, a northwest Ohio native, is a graduate of the Medical College of Ohio (now the University of Toledo Medical Center). He provides complete, family-centered medical care including obstetrics, pediatrics, women's health, minor surgery, and family medicine. Dr. Music has been married for 25 years and has five daughters ranging in age from 9 to 23. He is an avid golfer and loves woodworking.



FCHC Earns Mammography Accreditation

Fulton County Health Center has been awarded a three-year term of accreditation in mammography as the result of a recent survey by the American College of Radiology (ACR). Earlier this year FCHC introduced a new digital mammography unit in association with its PACS electronic medical imaging program. The new system is three times faster than the previous film imaging system. In addition, a Radiologist can immediately view the images on a computer screen as they are taken and, if another image is needed, the Radiologist can make that request to the Mammography Technician through an intercom system while the patient is still in the room. A third advantage of the new system is better image resolution. Finally, since all images are digital they are stored indefinitely for future use on the Health Center's electronic medical records archive system. The ACR, headquartered in Reston, VA, awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of its practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field.



Heart Radiothon

Here's your opportunity to check your cholesterol levels while donating to a good cause. The Fulton County Heart Radiothon Cholesterol Screening for the community will be held on Thursday, February 12th from 7:00 a.m. - 7:00 p.m. in the FCHC Cafeteria. The FCHC Corporate and Community Health Promotions Department will test total cholesterol, HDL levels, and the ratio between total cholesterol and HDL. There is no fasting required, and you will receive your results within 10 minutes of being tested. FCHC requests that participants donate \$5.00 to the Heart Radiothon. Archbold's WMTR radio station will devote the entire day to playing your musical requests for a donation to the Radiothon fund. All proceeds will be used to support heart related programs and equipment in Fulton County. Screenings will also be offered in the Fulton County Libraries during March. Watch your local newspapers for information or check the FCHC website...www.fultoncountyhealthcenter.org. FCHC and the Heart Radiothon will also sponsor cholesterol screenings in all Fulton County High Schools during January and early February. Freshman and seniors will receive the same test as adults, but they will be tested at no charge. Results of the tests will be given to the students and mailed to their parents.

FCHC Earns Honors

Fulton County Health Center has been recognized as one of six regional hospitals to be considered in the top tier of all hospitals nationally in its quality of care for pneumonia patients. The honor was the result of a national Leapfrog Hospital Survey conducted earlier this year with 1,200 hospitals from across the country. The survey was sponsored by The Leapfrog Group, founded in 2000 by the Business Roundtable, whose mission is to initiate breakthrough improvements in the safety, quality and affordability of health care for Americans. The national survey was implemented in northwest Ohio by the FrontPath Health Coalition, a not-for-profit member-managed organization whose goal is to provide direct access to a broad network of health care providers.

Auxiliary News

Valentine's Day Sale - February 12; more details to follow.

Book Fair - March 25, 26, 27; times to be announced at a later date.

Health TIP

This is a new feature of our *Health Centering* newsletter. Its purpose is to give you a simple-to-remember health tip that you can use to achieve a healthier lifestyle. We plan to offer a new tip in each issue of our newsletter. Over time if you put into practice each tip we provide, you will likely improve your health.

This issue's health tip is Portion Counting, and it is designed to create images to help you better understand the amount of portions to eat.

Proper serving sizes: Approximate size comparison

- 1/2 Bagel, 3" diameter = a tuna can
- 3 oz. lean meat, chicken or fish = palm of your hand
- 1 slice of bread = CD case
- 1-1/2 oz. of cheese = 6 playing dice
- 1/2 cup ice cream = 1/2 tennis ball
- 1/2 cup pasta, rice = 1/2 tennis ball
- 1 piece fruit = a tennis ball
- 1 cup of milk = 3/4 can soda
- 3/4 cup juice = 1/2 can soda



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics, Yoga and Swing Dance for Couples can be mixed and matched for dates/times/locations. 10 Week Session – Jan. 12- March 21.

Health & Fitness Class Descriptions

Ai Chi

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

Aquatic Noodle Workout

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

Aquatic Aerobics

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

Arthritis Aquatic Therapy

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

BBCF - Basic Boot Camp Fitness

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

Cardio Core Strength Training

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

Kids Tumbling for Fun - Beginner

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

Kids Tumbling for Fun – Intermediate

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

Parent & Child Water Wonders

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

Smooth Moves I

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

Health & Fitness Classes: 10 classes - \$35; 20 classes - \$52; 21 or more classes - \$65 ZUMBA – 7 classes - \$30, 14 classes - \$48, Unlimited with other classes – \$72.

Wauseon Classes	Day(s)	Time	Location
Boot Camp-Cardio Core-The Step	M-W	5:00 PM	FCHC Rehab Center
The Ball & Much More	M	6:00 PM	FCHC Rehab Center
Smooth Moves	T-TH	6:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core-The Ball	T-TH	5:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core-The Ball	M-W	6:00 AM	FCHC Rehab Center
New! Sedentary Solutions	W	6:00 PM	FCHC Rehab Center
Golden Retrievers	M-W	10:00 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	M-W	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	6:00 PM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks-\$30			
Bryan Classes	Day(s)	Time	Location
Stepping Up & Abdominal Workout	M-TH	6:15 PM	First Assembly of God
Boot Camp/Cardio Core/The Ball	M-TH	7:15 PM	First Assembly of God
Smooth Moves & Abdominal Workout	M-W	5:15 PM	Washington Elem. School Gym
New! ZUMBA	M	6:15 PM	Washington Elem. School Gym
7 classes - \$30, 14 classes - \$48, Unlimited with other classes - \$72.			
Delta Class	Day(s)	Time	Location
Boot Camp/Cardio Core/The Step	T-TH	5:55 PM	Delta Memorial Hall
Deshler Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Deshler City Bldg., 2nd Floor
New! Edon Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Edon Community Center
Evergreen School District Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Evergreen H.S. Music Room
Liberty Center Class	Day(s)	Time	Location
Stepping Up & Abdominal Workout	M-TH	3:30 PM	Liberty Center Elementary School Library
Montpelier Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	5:30 PM	Montpelier School Band Room
Napoleon Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	5:30 PM	Napoleon Elem. West Gym
Pioneer Classes	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	T-TH	6:00 PM	Pioneer Community Center
New! ZUMBA	TH	7:00 PM	Pioneer Community Center
7 classes - \$30, 14 classes - \$48, Unlimited with other classes - \$72.			
Swanton Classes	Day(s)	Time	Location
Boot Camp/Cardio Core/The Step	T-TH	6:00 PM	St. Richard's School
Boot Camp/Cardio Core/The Ball	M-W	3:45 PM	Crestwood School



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724. All classes except Aquatics, Yoga and Swing Dance for Couples can be mixed and matched for dates/times/locations. 10 Week Session – Jan. 12- March 21.

Gift Certificates Available for:
Fitness Membership at Fulton Rehab Center
& Fitness Classes. Call 419-330-2724.

Health & Fitness Classes (continued)

West Unity Class	Day(s)	Time	Location
Stepping Up & Abdominal Workout	T-TH	6:00 PM	Solid Rock Church
Archbold Classes			
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp/Cardio Core/The Ball	T-TH	5:30 AM	Park Pavilion
Stepping Up & Abdominal Workout	M	5:30 PM	Park Pavilion
Boot Camp/Cardio Core/The Ball	T-TH	5:30 PM	Park Pavilion
The Ball & Much More	T-TH	3:30PM	Park Pavilion
Smooth Moves	T	6:30 PM	Park Pavilion
10 classes -\$25, 20 classes-\$38, 21 or more classes - \$47			
Kids Tumbling for Fun Beginner (4-7 years)	SAT	9:00 AM (45 min.)	New Elementary School Cafeteria
Kids Tumbling for Fun Intermediate (4-7 years)	SAT	9:45 AM (45 min.)	New Elementary School Cafeteria
8 weeks, 1x/week - \$30; begins Jan. 17.			
Golden Retrievers	M-W	9:30 AM	Park Pavilion
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.			
Fairlawn Complex Classes			
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	M-TH	5:45 PM	Wyse Commons
Arthritis Aquatic Therapy	W-F	10:15 AM	Wyse Commons
Arthritis Aquatic Therapy	M-W	4:45 PM	Wyse Commons
Noodle Workout	F	9:00 AM	Wyse Commons
10 classes -\$35, 20 classes-\$52, 21 or more classes - \$65			
New! The Ball & Much More	M W	8:30 AM	Wyse Commons
10 classes - \$25, 20 classes- \$38			
New! Swing Dance for Couples	M	7:15 PM (45 min.)	Wyse Commons
6 classes - \$42 per couple (Cannot be combined with other classes)			

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

Wauseon Classes	Day(s)	Time	Location
Pure & Simple Yoga (Beginner-Intermediate, Mat required)	TH	7:30 PM	FCHC Rehab CentePure
& Simple Yoga (Beginner-Intermediate, Mat required)	SAT	9:00 AM	FCHC Rehab Center
10 classes - \$47, 20 classes-\$78, 21 or more classes - \$98			
Archbold Classes			
Yoga (Beginner-Intermediate, Mat required)	M	6:45 PM	Park Pavilion
Yoga (Beginner-Intermediate, Mat required)	W	5:00 PM	Park Pavilion
10 classes - \$38, 20 classes - \$68			
Fairlawn Complex Class			
New! Yoga for Seniors (Mat required)	T-TH	9:00 AM	Wyse Commons
This is a new introductory class for seniors (age 55 and older). The class will focus on the basic principles of yoga and its benefits to one's overall health. 10 classes - \$38, 20 classes - \$68			

Health & Fitness Class Descriptions

Advanced Parent & Child Water Wonders

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

Pure & Simple Yoga

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

Sedentary Solutions

A class tailored for the plus size person and more. 45 minutes of conditioning with Fun-Safe-Simple Movements (no floor exercises).

Senior Yoga

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

Stepping Up Kicking Low

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

Swing Dance for Couples

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

The Ball & Much More

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

Golden Retrievers (formerly Body Recall)

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

Zumba

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





Health & Fitness Classes

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

Heart Health

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, Feb. 10, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

Lifestyle for Lower Cholesterol

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, Feb. 24, 9:30 - 11:30 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom; or evening class Tuesday, March 17, 6:30-8:30 pm, \$5, Surgery Conference Room. Please call 419-330-2735 to pre-register.

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, Jan. 13 or March 10, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

Nutrition

Waist Trimmers

Research shows that abdominal fat may be more hazardous than fat in other areas such as the hips. Join this new class with short nutrition topics, group accountability, and simple weekly assignments to help trim waist lines. 7-week class, Wednesdays, Jan. 21- March 4, 11:30- 12:00 pm, \$60 for entire series, FCHC Cafeteria. Must pre-register at 419-330-2735.

Safety

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, Jan. 10 or March 21, 8:00 am - 4:00 pm, \$50, FCHC Meeting Room.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 am, class begins promptly at 8:00 am, Saturday, Feb. 28 or April 25, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

Weight, Smoking

Jump Start Your New Year's Goals

You deserve to Quit Smoking and Lose the Weight you want. Hypnosis helps. Andrew Lesniewicz, PC/CR Ht, an area resident who is a nationally certified Hypnotherapist and Professional Counselor, is offering dependable service to assist you in making the change to a healthier you. Two separate weekend seminars are forming now to give you that extra push to help meet your goals. The cost is \$50 to attend either a Stop Smoking or Weight Loss Seminar. The fee includes a personal reinforcement CD of the program with the option of attending a future seminar if needed. To register, contact FCHC Corporate and Community Health Promotion at 419 330-2735 or Andrew Lesniewicz, PC/CR Ht, at 419-467-9406. Classes will not be cancelled.

Smoking Cessation – Saturday, Jan. 3 & 10, 1:00-2:30 pm, \$50, FCHC 2nd Floor Surgery Conference Room.

Ideal Weight and Size – Saturday, Jan. 3 & 10, 3:00-4:30 pm, \$50, FCHC 2nd Floor Surgery Conference Room.

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! Wednesdays, Jan. 14, 21, 28 and Feb. 4, 5:00 – 6:00 pm, Free, FCHC Surgery Conference Room.

Stop Smoking, Lose Weight through Hypnosis

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

Weight Control – Wednesday, Feb. 11, 5:00 pm, \$60, FCHC Meeting Room

Smoking Cessation – Wednesday, Feb. 11, 6:00 pm, \$60, FCHC Meeting Room



Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

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

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

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

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

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

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month (except December) at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.



Health & Fitness Classes

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

Diabetes Education & Support

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

Conversation Map®: Monitoring Your Blood Glucose

What makes your blood sugar go up and down; what are blood glucose targets for good health? How do you manage the highs and lows that can create problems? Most importantly, how do you change that glucose meter from a machine that “judges” you into an ally for optimal diabetes control? Come to this information, interactive session and find out! Tuesday, Jan. 27, 6:30-8:30 PM, \$5, FCHC Surgery Conference Room, Second Floor. Call to register (419) 330-2772.

Conversation Map®: Better Managing Your Diabetes

What are the simplest ways to manage diabetes? What challenges do you face as you incorporate your diabetes care into your daily life? How do you help the people in your life assist you with those challenges the best? Come and learn about diabetes myths, facts and the basics of diabetes care from Certified Diabetes Educators. Join our conversation! Tuesday, Feb. 24, 6:30-8:30 PM, \$5, FCHC Surgery Conference Room, Second Floor. Call to register (419) 330-2772.

Conversation Map®: Continuing Your Diabetes Journey

What is the natural course of diabetes? What are the body systems most affected? Does having diabetes mean that those complications are unavoidable? How do the medications and insulin work? What else can be done to reduce health risks? A Conversation Map® session is designed to help you discover what you want and need to know about diabetes care. Tuesday, March 24, 6:30-8:30 PM, \$5, Surgery Conference Room, Second Floor. Call to register (419) 330-2772.

Weekly Support Group

Wednesdays, except 1st Wed. of month, 9:30-10:30 AM, Diabetes Education Office, 4th Floor. Evening Support Group, 2nd and 5th Thursday of the month, 5-6 PM, Sept. through May; and 2nd and 4th Thursday, June through August. Would you like to become better at managing your diabetes? Come and learn from the educators AND from others traveling this diabetes journey. If your insurance doesn't pay for education, or if you just need assistance in staying on track, this is the place for you! The Diabetes Education office also has an A1C machine available for that all-important 3-month average test, for the low out-of-pocket cost of \$10.

Facing the Footbills

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

Mountain Climbing

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

Oncology Programs

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

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

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

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

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

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

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

A test that can save your life.

Late stage colon cancer is prevalent in Fulton County, and the Fulton County Colon Cancer Coalition is encouraging residents age 50 and older to have a routine colonoscopy. “Early detection can save lives,” says Beverly Smith, FCHC Endoscopy Coordinator. Smith serves as Chair of the coalition and says an increasing number of insurance companies are covering colonoscopies. Scheduling the screening is easy. “Just contact your family physician and have the doctor order the procedure,” says Leisa Britsch, Unit Manager of FCHC’s Rainbow Hematology and Oncology Treatment Center. Studies show that early detection gives you a 90% chance of surviving for five years. But once it has spread to more distant parts of the body, the rate drops to 8%. For more information, contact the FCHC Endoscopy Department at 419-330-2751.

Colorectal Cancer Risk Factors

1. Age – 90% of patients are over 50.
2. Race – African-Americans are at greater risk; begin screenings at age 45.
3. Family History – A relative with colorectal cancer increases your risk.
4. Tobacco products – Will increase your risk.
5. Physical Inactivity – Places you at greater risk than those who exercise 30 minutes a day, four times a week.
6. Diet – Red meat increases your likelihood of having colorectal cancer.

Colorectal Cancer Symptoms

1. A change in bowel habits -- diarrhea, constipation or narrowing of the stool
2. Feeling you need to have a bowel movement even after you have had one
3. Bleeding from the rectum or blood in the stool
4. Cramping or a gnawing pain in the stomach
5. Decreased appetite
6. Weakness and fatigue
7. Jaundice (yellow-green skin)

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What to Bring to the Hospital

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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.

What Should I Bring to the Hospital?

We want to make sure your experience at Fulton County Health Center is a good one. It all begins at our Central Registration area when you are checked in. Here is a helpful checklist of items you should bring and things you should do before arriving (in case of an emergency, please come directly to the hospital— family members can provide this information later):

1. To Bring:

a. Insurance Cards

- ✓ All current health insurance cards, including your primary & secondary insurance companies
- ✓ Medicare card or Medicare HMO card
- ✓ Most recent Medicaid paper or Medicaid HMO card
- ✓ If work related, bring employer information, 3rd party payer information, and BWC card
- ✓ Medicare Part D card OR your prescription coverage card

b. Driver's license or personal photo I.D.

c. Names of two emergency contacts with phone numbers

d. Advanced Directives

- ✓ Durable Power of Attorney for healthcare
- ✓ Legal Power of Attorney which includes healthcare
- ✓ Living Will

e. Signed Physician Order -- with the diagnosis specifying the medical tests

f. Personal items

- ✓ Assistive devices you use (cane, wheelchair)
- ✓ Personal care items (for overnight stays)
- ✓ List of medications or the actual medications in their prescription bottle, including over the counter medications and vitamins
- ✓ Your primary care physician's phone number
- ✓ Your personal health history (it's a good idea to note key points)

2. To Do:

a. *Stick to the schedule.* Some insurance companies pre-authorize coverage of a test for a specific day. If the test is performed on another day, the test might not be covered by your insurance company.

b. *Be Proactive.* Contact your insurance company before your Health Center visit to check benefits and see if the test or surgery requires pre-authorization. If so, ask your physician office if the pre-authorization has been completed.