

A publication of Fulton County Health Center

Health *Centering*

*The Family Birthing Center:
Where Families are Born*

Volume 25, No. 4 Fall, 2009



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



*Top Left: Deb Miller,
RN with baby
and Candise
Ankney, RNC in
the remodeled nursery.*

*Bottom Right: Peg
Short, RN with a new
mom and her baby.*

“Our Health Center has seen several major additions and renovations over the past few years,” says E. Dean Beck, FCHC Administrator. “We had to work our way through the list and deal with more pressing issues, but we now have the OB Department renovation nearly completed.”

The focus behind the renovation has been to make the entire facility more family friendly. As a result, all of the patient rooms – two birthing rooms and four postpartum recovery rooms – are now private, and each room has its own shower. The nursery has been refurbished to provide an environment with a warmer feeling. There are newly painted walls throughout the department, along with new furniture. “Our goal was to make the unit as home-like and family-oriented as possible by adding comfort and warmth,” says Koppenhofer.

Some area hospitals offer Labor-Delivery-Recovery-Postpartum (LDRP) beds, but The Family Birthing Center at FCHC takes a different approach. “After labor and delivery, we feel it’s in the best interests of the mother to move to a clean, fresh room with a new bed where she can relax and enjoy her baby.” The Family Birthing Center’s postpartum rooms even have a bed for the father to sleep in and a table for the family to gather for meals. “All of our renovation has been done with the idea of emphasizing the whole birth event as a family experience,” says Koppenhofer. Part of the renovation effort included remodeling the nurses’ station to make it quieter and to position staff members so patients could more clearly see their friendly faces.

The Family Birthing Center: Where Families are Born

If you tour the FCHC OB Department these days, you will notice it’s a lot different than it was nine months ago. Thanks to a large-scale renovation project that is nearly complete, patient rooms are more comfortable and private, and the entire department offers a more soothing environment along with quality, personal care that patients have come to expect. The major changes have also spawned a new name for the OB Department – The Family Birthing Center – which was selected to better reflect its mission of making sure the miracle of birth is truly a family experience.

More Comfort for the Entire Family

“Our OB Department has always received high marks from patients,” says Connie Koppenhofer, OB Unit Manager. “In fact last year we delivered 340 babies and nearly 96% of our patients said they would recommend us to a family member or friend, which is about 7% higher than the national average. The small number of patients who didn’t rate us as highly most often cited issues with our patient rooms and not with our staff.” The continual feedback from patients over the years convinced the FCHC administration that a facility upgrade was needed to keep pace with the high patient satisfaction grades given to staff members and their programs.

Security is a Priority

A key part of the OB renovation involved the installation earlier this year of a high-tech electronic security system called Hugs® Infant Protection System. This innovative system uses electronic ankle bands to link the mother with her baby. “We place the tag on the baby’s ankle immediately after birth so the baby is identified on the spot,” says Koppenhofer. The ankle band electronically matches the one given to the mother, and the mother’s bracelet will sound an alarm if it doesn’t match the one worn by the baby that is brought into the room. “It’s a high-tech way of eliminating any potential mix ups,” says Koppenhofer. The baby’s ankle band also works like a GPS system, keeping track



of the newborn's whereabouts at all times. If it slips off the baby's ankle, the nursing staff will receive an electronic beep noting that it is no longer attached. If the newborn is carried within six feet of an exit door, an alarm immediately sounds and all exit doors automatically lock. Video security cameras roll 24/7, and the unit is locked on the outside from 11:00 p.m. - 7:00 a.m. "We are fortunate to not have the security issues that larger hospitals have faced," says Koppenhofer. "Our new security system reassures everyone involved that they will be safe here."



The Family Birthing Center's labor and delivery rooms are homelike and provide comfort not only for the mother, but also for the father or significant other.

Sema Fofung, D.O., OB/GYN, and Deb Miller, R.N., take care of a newborn.

An Emphasis on Patient Satisfaction

"Last year we brought a new life into the world on average once a day," says Koppenhofer. "It's a manageable number of births, and it allowed us to offer very personal care to mothers, babies and their families." The Family Birthing Center continually conducts random patient satisfaction surveys to gauge the quality of its care.

"Patient satisfaction is very important to us, especially in a department like Obstetrics where patients have input with their physician as to where they would like to give birth," says FCHC Administrator Beck. In addition to continued high patient satisfaction rates, The Family Birthing Center has won four first place awards at annual competitions sponsored by the Ohio Hospital Association in Columbus. "We competed against other hospitals from across the state, and the first place award tells us we're doing our jobs," says Koppenhofer.



A Comprehensive Package of Care

The Health Center's OB Department has long worked to provide family-oriented educational programs for expectant mothers, dads and their families. Since 1996 it has offered its free, comprehensive Partners in Pregnancy program to prepare women for the childbirth process. The program establishes a partnership between a Family Birthing Center nurse and the expectant mother. The staff member meets with the expectant mother once each trimester to provide information to ensure a healthier pregnancy and birth and to educate the woman on caring for herself and her new baby. In the last trimester, the staff member assists the patient with the completion of all necessary paperwork, such as the pre-registration form and birth certificate, prior to the big day.



In addition to Partners in Pregnancy, The Family Birthing Center offers a wide range of educational classes and programs to help families prepare for the new arrival and to adjust afterwards. These programs include:

Breastfeeding Classes – free and taught by a Certified Lactation Consultant; dads are welcome. Our lactation consultant provides follow-up phone calls to parents when they go home. Studies show that breastfeeding is a great way to boost the baby's immune system and provide for a wonderful bonding experience between mom and baby.

Childbirth Education Classes – great for both parents to learn about changes in the woman's anatomy and physiology, fetal development, and how to cope with the labor process. Classes are taught by an experienced childbirth educator. Cost is \$25 for the weekday 7-hour series, or \$40 for the all-day Saturday class.

Refresher Class – for parents with children who would like to cover topics again. One two-hour session: \$10.

Sibling Class – this free one-hour Saturday morning class is geared to children at home age two and older. Siblings have the opportunity to tour The Family Birthing Center and stamp colorful symbols on an infant's t-shirt, wrap it, and present it to their new sibling when he/she arrives home.

Caesarean Section Preparation – an OB staff member meets one-on-one with the mother to explain the process, what to expect, and the recovery period.

Follow-up Assessment – several days after the baby is discharged, the parents and baby return to The Family Birthing Center for a free assessment of the baby's color and weight.

Shape-Up for Motherhood – designed for the expectant mother to understand physical and emotional changes as well as for moms who have just delivered and want to regain their energy and get back to regular exercise. One-hour session, 1x per week, \$2/session.

(Article continued on page 4)

The Family Birthing Center Doctors (Continued from page 3)

Sema Fofung, D.O., OB/GYN, serves as Fulton County Health Center's full-time Obstetrical doctor. Seven Family Practice physicians from various local communities are also licensed to deliver babies at The Family Birthing Center:

Archbold

Jason Row, M.D.
Eric Lehman, M.D.
Rick Yoder, M.D.
Caryn Theobald, M.D.

Wauseon

Kimberly Hagerman, M.D.
Ron Music, M.D.
Anthony Uribes, M.D.



A Dedicated Staff

The doctors are assisted by The Family Birthing Center staff, which consists of 25 Registered Nurses and four Licensed Practical Nurses. FCHC anesthetists are also on call to provide epidural anesthesia to help ease labor pains. "During the birthing process the doctor is present along with the anesthetist and two nurses – one for the mother and a second nurse for the baby," says Koppenhofer. Five of the Registered Nurses serve as full-time Patient Educators, with one Patient Educator on duty every day. Their job is to teach the mother how to properly bathe and breastfeed the newborn. "Our OB nurses can get quite busy, and we felt that designating one of them as an on-floor Patient Educator allows them to take the time to work with the mother and not feel rushed," says Koppenhofer. She notes that her staff is a blend of very experienced nurses and a second group of younger nurses who are in their childbearing years. "We feel the mix of our staff works well to offer patients different personalities and age levels making it likely the mother will be able to relate to a staff member and feel more comfortable as a result."

"Patients continually tell us they love our staff," says Koppenhofer. "I can tell you that it takes a special person to work in the OB department, and our nurses have a deep love for families and the miracle of birth."

Committed to the Community

"Our responsibility to the community is ongoing, and it begins well-before our patients walk through the door of our center," says Koppenhofer. FCHC's OB staff provides health care services and participates on many community boards to help improve the quality of life of residents. Its community involvement includes:

Fulton County Early Childhood Collaborative – the mission is to identify area families that have children with special needs and to get them into appropriate services. Family Birthing Center staff members join with other Fulton County agencies on this collaborative effort to offer free developmental screenings for children ages birth to five years. Screenings include speech, hearing, vision, motor skills, height, and weight.

Fulton County Baby Fair – these same agencies noted here offer an annual baby fair where Family Birthing Center staff members provide educational information to expectant parents and immunizations to babies. A car seat technician is on hand to offer tips and explain the proper use of car seats.

Kids in Safe Seats (KISS) Program – Safety First! The Family Birthing Center offers car seats to families in need who do not have one. A small donation is requested but is not mandatory.

Fulton County Health Department's Prenatal Clinic – The Fulton County Health Department offers a prenatal clinic for woman that cannot access care during their pregnancy. Family Birthing Center physicians and staff provide one-on-one prenatal education to women and also assist in maintaining their records.

Fulton County Teen Task Force – a collaboration of Northwest Ohio agencies; its mission is to reduce risk-taking behaviors by teens.

Fulton County Safety Task Force – promotes the use of seat belts, highway safety, and farm safety.

Personal Care Close to Home

"The name and facility may have changed, but we continue our mission to provide quality, family-oriented care to our OB patients," says FCHC Administrator Beck. "And we remain committed to staying involved with the community using multiple avenues to reach and impact area residents. The miracle of birth is a wonderful family experience, and we are quite serious about making that experience a positive one."

For more information about The Family Birthing Center at Fulton County Health Center, call 419-330-2757.



**The Family
Birthing Center**
at Fulton County Health Center
Where families are born

New name, same location, same personal care

All rooms now private with showers to accommodate family members

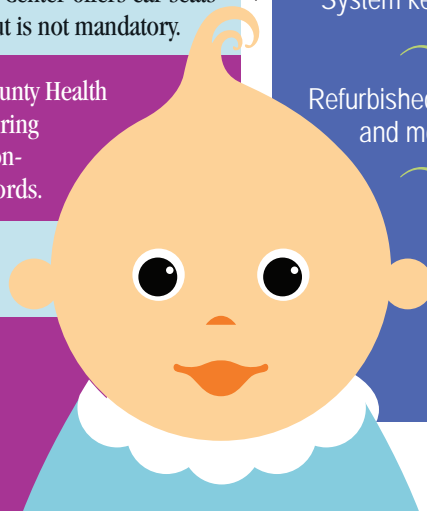
Postpartum rooms promote the family concept and include a bed for dad and a table for family meals

Renovated nursery offers a warmer environment

New paint and furnishings provide a soothing experience

High-tech Hugs® Infant Protection System keeps mothers and babies safe

Refurbished nurse's station is quieter and more customer-friendly





Health Care Reform: What You Should Know

President Barack Obama's health care reform proposal is working its way through Congress, and he has stated his goal is to have health care legislation completed by this fall. Fulton County Health Center, along with other hospitals statewide and nationwide, is working with the American Hospital Association and the Ohio Hospital Association to provide input and ideas. We want to make sure you are aware that health care reform is being discussed and that you should make your thoughts known to your elected officials. Here are several key points that represent the position of hospitals throughout the state and country as provided by the Ohio Hospital Association.

Hospitals support meaningful health care reform.

We agree the current health care system is in need of reform.

Hospitals support insurance coverage and delivery system reforms.

We support improved access and more affordable coverage by prohibiting insurance company denials for pre-existing health conditions, denials of coverage and discrimination in benefits.

Hospitals agree that prevention and wellness is key to decreasing health care costs, and we support incentives to encourage that.

Improved coverage by itself will not reform health care.

Ohio hospitals support providing coverage to America's 47 million uninsured and Ohio's 1.3 million uninsured.

However, we believe true health care reform is a three-part process:

1. Increased access and coverage
2. Delivery system reform
3. Financing system reform

Hospitals have concerns with the new public health insurance plan as proposed by the U.S. House of Representatives:

1. As originally proposed, public plan rates are based on Medicare reimbursement, which pays hospitals only 90.6 cents on the dollar.
2. The Ohio Hospital Association supports the modification agreed to by the House in late July that authorizes public plans to negotiate rates with providers instead of establishing Medicare rates to create a more level playing field between public and private options in the bill.
3. Businesses facing increasing health care costs could stop offering private insurance coverage to employees and leave them to seek coverage under a public plan, which could mean lower reimbursements to hospitals.

Cutting payments to hospitals is not health care reform.

A proposal pending in Congress would reduce payments to U.S. hospitals by \$155 billion over 10 years.

Ohio hospitals are already dealing with a new \$145 million tax in the 2010-2011 state budget, along with underpayments from Medicaid and Medicare and sharply increasing charity care costs.

Additional payment cuts to hospitals will mean lost hospital jobs, reduction in essential services and increased health care costs to all Ohioans.

Message *from the* Administrator

One of the most satisfying aspects of being in health care is the opportunity to bring a new life into the world. Our Obstetrics Department has been participating in the miracle of birth for as long as Fulton County Health Center has been in operation. Our OB staff focuses on caring for the entire family -- mothers, fathers, infants and extended family members. We recently completed a total remodeling of our OB Department to make it more family friendly and to offer the type of atmosphere that is consistent with the personalized care of the staff. In the process, we've re-named the department "The Family Birthing Center." Take time to learn more about our improvements to this service in this issue's lead story.



This newsletter has a great deal of information that can benefit you -- our Mountain Climbing Diabetes support program, an update on the H1N1 flu vaccine, protection of your identity, health tips, and our usual array of health and fitness classes through your local community.

One topic that is on the minds of a lot of people these days is health care reform, which is being spearheaded by President Obama and Congress. Like all hospitals across the country, we agree that the health care industry needs to be reformed. In this newsletter, we cover some of the health care reform topics and what we, as a hospital, feel about those issues. It is an important article for you to read. We encourage you to do so and to make your voices heard through your elected officials.

Regarding health care reform, I think everyone involved understands the positive impact that can be made on the cost of health care through prevention and wellness. The FCHC staff has, for many years, offered health and fitness classes, blood pressure checks, educational programs, and a variety of health screenings to help you stay well. Recently we were involved in the "Be Healthy Now: Fulton County" weight loss competition. I commend both our staff and the participants of all of our programs in their combined efforts to improve the health of area residents.

Sincerely,

E. Dean Beck

E. Dean Beck, FCHC Administrator

The Centers for Disease Control (CDC) is concerned that the new H1N1 flu virus (formerly called swine flu) could result in a particularly severe flu season this fall. Since a vaccine is the most effective way to fight influenza, flu vaccine manufacturers have spent the last five months working to develop an H1N1 flu vaccine.

The H1N1 flu vaccine may be available by early November, 2009. Clinical trials are still being conducted, so it is too soon to predict exactly when the vaccine will be ready for distribution. The clinical trials will be used to determine the effectiveness of the vaccine as well as to decide if one or two H1N1 vaccinations will be needed to protect individuals. Unfortunately, the H1N1 vaccine will not protect against the more common seasonal flu, and the seasonal flu vaccine is unlikely to provide protection against the H1N1 flu. So, the CDC is urging the public to get both vaccines.

Earlier this year flu vaccine manufacturers ramped up their efforts to produce this year's seasonal flu vaccine because they anticipated having to allocate their resources to developing the new H1N1 vaccine. As a result, the seasonal flu vaccine will likely be made available to the public by early September. The CDC hopes that people will begin to get vaccinated at their doctor's offices and in their communities for the seasonal flu once the vaccines become available.

While manufacturers are working diligently to develop the H1N1 flu vaccine, it is a time-consuming process. The CDC does not expect that there will be a shortage of the H1N1 vaccine, but initially the vaccine may be available in limited quantities. The CDC's Advisory Committee on Immunization

Practices (ACIP), a panel of medical and public health experts, met in late July to develop recommendations on who should receive the new H1N1 vaccine when it first becomes available.

The CDC now recommends that the following groups receive the H1N1 flu vaccine when it is initially offered:

Pregnant women – they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated.

Caregivers for children younger than 6 months of age – younger infants cannot be vaccinated, and they are at a higher risk of having flu-related complications.

Health care and emergency medical services personnel – infected health care workers can infect vulnerable patients. Also, increased absenteeism of health care workers can place a burden on the health care system.

Anyone age 6 months to 24 years old – there have been many cases of H1N1 influenza in this population, and they are often in close contact with each other in school and at work.

Persons aged 25 - 64 years – that are at a higher risk due to chronic health issues/immune disorders.

Once the demand for the vaccine among these prioritized groups has been met, the vaccine will be made available to others.

Get Both Vaccines!

Unfortunately, the H1N1 vaccine will not protect against the more common seasonal flu. And the seasonal flu vaccine is unlikely to provide protection against the H1N1 flu. So, the public is being urged to get both vaccines.

Source: The Centers for Disease Control and Prevention

Diabetes: Don't Go It Alone



The FCHC Mountain Climbing class offers a small group setting for participants to hear from health care experts while relating to others who have diabetes. Here, Susan Dittes, FCHC Diabetes Education Coordinator, presents a topic.

There are some uncomfortable diabetes trends facing health professionals in the state of Ohio. In 2008, Ohio had a higher prevalence of diabetes (9.9%) compared to the nationwide average of 8.3%. In fact, Ohio's prevalence of diabetes has been on the rise, increasing from 6.7% in 2006 to 9.5% in 2007, then to 9.9% in 2008.

"There's a reason for Ohio having a higher prevalence of diabetes," says Susan Dittes, FCHC Diabetes Education Coordinator. "Ohio has a higher obesity rate than the nation, and there's a direct correlation between obesity and type 2 diabetes, which represents 95% of the diabetes nationwide." Ohio's obesity prevalence in 2008 was 28.1% versus the nationwide average of 26.3%. Northwest Ohioans were even more likely to be obese, with a 2007 prevalence of 29.9%. Obesity is defined as a person having a Body Mass Index of 30 or more. There's an even more sobering statistic -- when you add the number of overweight Ohioans (those with a Body Mass Index of 25-29.9) to the number of obese ones, then the prevalence of overweight and obese Ohioans jumps to 63.5%. "When nearly two-thirds of us are overweight and obese, it's no wonder we have an 'epidemic' of type 2 diabetes," says Dittes. "What is even more disturbing is that the typical individual with diabetes at one time was over the age of 60. Now we're seeing younger individuals who have type 2 diabetes, largely because of poor eating habits and lack of exercise."

Managing diabetes is difficult, and the FCHC Diabetes Education Department has been offering several important programs

(Continued on page 7)

H1N1 & Seasonal Flu Update



(Continued from page 6)

over the years (see Diabetes classes in this newsletter). Dittes believes that one program in particular – Mountain Climbing – can be especially beneficial to those with type 2 diabetes. “Managing diabetes is difficult. It’s easy to become overwhelmed and give up. What the individual needs is a support system and expert advice, and our Mountain Climbing program does just that.”

The monthly Mountain Climbing class provides a small group setting where participants can hear from experts, while understanding that each person with diabetes in the room is facing the same issues as everyone else. “Eight of the 12 programs we’re offering this year feature either medical doctors or PhD’s,” says Dittes. “And three of them feature our dietitians, because the issue of sensible meal planning is so important.” Dittes says that well-meaning family members and friends are eager to offer advice to help the person with diabetes, but the information they have is often second-hand and may not be correct. “They need to get the information and advice directly from a health care expert,” says Dittes.

The FCHC Diabetes Education Department is continually monitoring medical research and trends as they relate to diabetes, and it uses that information to offer new Mountain Climbing programs. “We try to offer one new program a year,” says Dittes. As an example, Dittes notes that people with diabetes often have sleep problems, so in 2007 the Diabetes Education Department introduced a program entitled “Sleep, Obesity and Diabetes,” featuring a medical professional who sits on the Diabetes Education Advisory Committee. Last year, Dr. Charles Lash, at the time a new FCHC urologist, was added to the calendar. “We have excellent medical professionals within our own Health Center with whom we collaborate to provide these top-notch presentations,” says Dittes.

The Mountain Climbing class is offered in the FCHC Meeting Room the first Wednesday of every month from 9:00-11:00 am and the second Thursday each month from 7:00-9:00 pm. There is a minimal charge of \$5 per person per month, and a support person is welcomed and encouraged to attend at no charge. For more information contact the FCHC Diabetes Education Office at (419) 330-2772, or visit the FCHC web site at www.fultoncountyhealthcenter.org.

FCHC News & Notes

Physician Joins Delta Medical Center

Dexter Phillips, D.O., an Emergency Medicine & Family Practice physician, has joined Dr. Harry Murtiff, Dr. Ann Steck, Susan Murry, CRNP, and the staff at the Delta Medical Center.



The Delta Medical Center is located at 6696 U.S. 20A. Dr. Phillips, who formerly served as an FCHC Emergency Department physician, will see patients at the Delta Medical Center on Wednesdays and Fridays. Dr. Phillips is a graduate of the Kirksville College of Osteopathic Medicine & Surgery, Kirksville, Missouri. He completed his post-doctoral Internship at the former Parkview Osteopathic Hospital, Toledo, Ohio. Appointments can be made with Dr. Phillips by calling the Delta Medical Center at 419-822-3242.

Bridging the Gap to Heart Health

On Saturday, October 3, 2009 the Fulton, Henry and Williams County Health Departments are sponsoring the 9th annual Bridging the Gap to Heart Health 10K Run and a 5K Run/Walk along with a 1 Mile Fun Run for children 12 and under. All events start at 9:30 a.m. on race day. The course will begin at the Lockport Bridge and end at Goll Woods. Registration will be held that day at the Lockport Mennonite Church, 9269 County Road 21-N in Stryker beginning at 8:30 a.m. There is a \$15 entry fee for the runs or \$20 after September 25th, while the 1 Mile Fun Run has a cost of \$10 with a T-shirt or free without a T-shirt. Checks should be made payable to the Williams County Health Department. FCHC staff members have been involved in the planning of the event and will provide free blood pressure checks and post-race refreshments. For more information contact your local health department: Fulton (419-337-0915), Henry (419-599-5545), or Williams (419-485-3141).

Auxiliary Events

Sept. 17 – Chu’s Pearls Sale - Beautiful and unique jewelry, 7 a.m. to 4 p.m, FCHC Cafeteria. This is a new event.

Sept. 25 – Volunteens’ Mums Sale - all day, FCHC Cafeteria.

Oct. 4 – Annual Victorian Tea - afternoon, FCHC Beck Meeting Room. Additional Hostesses are needed; if interested please call 419-337-1863 or 419-330-2065. Spend a fun afternoon with ladies of the community to raise scholarship funds for qualified VolunTeens who are enrolling in a health care related program.

Oct. 29 & 30 – Masquerade \$5.00 Jewelry Sale - FCHC Cafeteria, Thurs., Oct. 29, 7 a.m to 6 p.m., and Friday, Oct. 30, 7 a.m. to 4 p.m.

Nov. 11, 12, 13 – Books on the Go - FCHC Cafeteria, Wed., Nov. 11, 9 a.m.-6 p.m., Thurs., Nov. 12, 7 a.m.-5 p.m., Fri., Nov. 13, 7 a.m.-2 p.m.

Dec. 3 – Annual Poinsettia Sale Delivery - Orders will be taken in November.

Why Volunteer? Check Out These Benefits

- Be one of the helping hands of FCHC & help continue the circle of care at FCHC
- Help raise money for medical equipment that can save lives
- Become involved in your community as an Auxiliary volunteer
- Enjoy the camaraderie of fellow volunteers
- Get a free meal each day you volunteer
- Be honored at the annual Volunteer luncheon
- Receive a 50% discount on all FCHC health promotion classes
- Receive a monthly newsletter that keeps you informed of happenings at FCHC

Call Julie Engler, Volunteer Coordinator at 419-330-2695 if you are interested in becoming a Volunteer at the Hospital. Please call Tammy Allison, Director of Activities at 419-335-2017, Ext. 2798 or 2805, if you are interested in becoming a Volunteer at the Fulton Manor.



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 Yoga, kids classes and the dance class can be mixed and matched for dates/times/locations. 10 Week Session – September 21-November 28; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

Health & Fitness Class Descriptions

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 dice, jump ropes, and the Body Bars. Your cardiovascular system and strength training will be challenged.

Drums Alive®

Drums Alive® is full of powerful and motivating music and drumming rhythms that get your feet stomping and your body moving. Simple movements on the stability ball combined with rhythm deliver real fitness results. Great workout for men and women. FUN! FUN! FUN!

Kids Tumbling for Fun - Beginner

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

Kids Tumbling for Fun – Intermediate

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

Parent & Child Water Wonders

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

Advanced Parent & Child Water Wonders

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

Pure & Simple Yoga

This class 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.

(Health & Fitness Descriptions continued on page 9)

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

Wauseon Classes	Day(s)	Time	Location
Boot Camp-Cardio Core-The Step	M	5:15 PM	FCHC Rehab Center
New! Drums Alive® & The Ball	M	6:15 PM	FCHC Rehab Center
Smooth Moves & The Ball	T-TH	6:30 PM	FCHC Rehab Center
Boot Camp-Cardio Core & Abdominal Workout	M-W	6:00 AM	FCHC Rehab Center
Boot Camp-Cardio Core & Abdominal Workout	T-TH	5:30 PM	FCHC Rehab Center
New! Drums Alive® & The Ball	W	5:15 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	6:00 PM	FCHC Rehab Center
Aquatic Aerobics	T-TH	5:15 PM	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; class begins Sat., Sept. 26			
Bryan Classes	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	5:15 PM	Washington Elem. School Gym
New! Drums Alive® & The Ball	M	6:15 PM	Washington Elem. School Gym
Delta Classes	Day(s)	Time	Location
Boot Camp-Cardio Core	T	5:55 PM	Delta Memorial Hall
New! Drums Alive® & The Ball	TH	5:55 PM	Delta Memorial Hall
Deshler Class	Day(s)	Time	Location
Smooth Moves & Abdominal Workout	M-W	6:00 PM	Deshler City Bldg., 2nd Floor
Edon Class	Day(s)	Time	Location
Smooth Moves & The Ball	T-TH	6:00 PM	Edon Community Center
Evergreen School District Classes	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	6:00 PM	Evergreen H.S. Lobby-Up
New! Drums Alive® & The Ball	M	7:00 PM	Evergreen H.S. Lobby-Up
Fayette School Class	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	6:00 PM	Fayette School Band Room
Liberty Center Class	Day(s)	Time	Location
Stepping Up & The Ball	M-TH	3:30 PM	Liberty Center Elem. School Library
Montpelier Class	Day(s)	Time	Location
Smooth Moves & The Ball	M-W	5:30 PM	Montpelier School North Gym
Napoleon Classes	Day(s)	Time	Location
Smooth Moves & The Ball	T-TH	5:30 PM	Napoleon Elem. West Gym
Stepping Up Kicking Low & The Ball	M-W	3:40 PM	Napoleon Middle School
Pioneer Class	Day(s)	Time	Location
Smooth Moves & The Ball	T-TH	6:00 PM	Pioneer Community Center
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-Drums Alive®	T-TH	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 Yoga, kids classes and the dance class can be mixed and matched for dates/times/locations. 10 Week Session – September 21-November 28; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

Health & Fitness Classes (continued)

West Unity Class Stepping Up Kicking Low & The Ball	Day(s) T-TH	Time 6:00 PM	Location Solid Rock Church
Archbold Classes Co-sponsored by Archbold Parks & Recreation Dept. Boot Camp-Cardio Core-Abdominal Workout Boot Camp-Cardio Core-Abdominal Workout Stepping Up & The Ball New! Drums Alive® & the Ball New! Drums Alive® & the Ball 10 classes - \$27, 20 classes-\$40, 21 or more classes - \$50	Day(s) T-TH T-TH M-W T-TH T	Time 5:30 AM 5:30 PM 5:30 PM 3:30 PM 6:30 PM	Location Park Pavilion Park Pavilion Park Pavilion Park Pavilion Park Pavilion
Kids Tumbling for Fun Beginner (4-7 years) Kids Tumbling for Fun Intermediate (4-7 years) 8 weeks, 1x/week - \$32; begins October 3	SAT SAT	9:00 AM (45 min.) 9:45 AM (45 min.)	New Elem. School Cafeteria New Elem. School Cafeteria
Golden Retrievers Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.	M-W	9:00 AM	Wyse Commons
Fairlawn Complex Classes Aquatic Aerobics Aquatic Aerobics Arthritis Aquatic Therapy Arthritis Aquatic Therapy 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67	M-W T-TH W-F M-W	9:00 AM 5:45 PM 10:15 AM 4:45 PM	Wyse Commons Wyse Commons Wyse Commons Wyse Commons
Noodle Workout Noodle Workout Noodle Workout 10 classes-\$40; when combined with other classes the price is: 20 classes-\$57, 21 or more classes-\$70	F M	9:00 AM 5:45 PM	Wyse Commons Wyse Commons
New! Party Dance for Couples 6 classes - \$42/couple (cannot be combined with other classes for a discount), begins Mon., Sept. 21	M	7:15 PM	Wyse Commons

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

Wauseon Class Pure & Simple Yoga (Beginner-Intermediate, Mat required) 10 classes - \$47	Day(s) SAT	Time 9:00 AM	Location FCHC Rehab Center
Swanton Class Pure & Simple Yoga (Beginner-Intermediate, Mat required) 10 classes - \$47	Day(s) T	Time 7:20 PM	Location Swanton Public Library
Archbold Class Pure & Simple Yoga (Beginner-Intermediate, Mat required) 10 classes - \$40; Co-sponsored by Archbold Parks & Recreation Dept.	Day(s) M	Time 6:45 PM	Location Park Pavilion

Health TIPS

Health Tips is designed to give you simple suggestions for a healthier lifestyle.

This issue's health tip is:

The Benefits of Fruits & Vegetables

Great source of fiber – which can be helpful in preventing colon cancer, controlling glucose levels, and lowering cholesterol

Low in calories when eaten within portion size – to aid in weight management

Full of vitamins and minerals – to help provide energy

Provide antioxidants – to help prevent certain chronic diseases

Convenient, easy to prepare, and tastes great!

Health & Fitness Class Descriptions (continued)

Smooth Moves I

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

Stepping Up Kicking Low

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

Party Dance for Couples

Grab a partner and come join the fun! You will enjoy learning The Swing, The Salsa, The Electric Slide, The Macarena, and The Waltz. No more sitting on the sidelines, let's move and have 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.

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.



Health & Fitness Classes

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

Diabetes

Healthy Eating With Diabetes

A class to help with basic meal planning, label reading, and healthy snacking ideas. Saturday, Oct. 17, 9:00 - 11:00 am, \$5, FCHC Surgery Conference Room.

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, Oct. 13, 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, Oct. 27, 9:30-11:00 am, \$5, Cardiac Rehab Room. Please call 419-330-2735 to pre-register.

Kids Health

Kid's Fun, Fitness and Food

Geared toward children ages 7-12, this series combines children with their parents in an interactive time of learning how to eat well, keep active, and prepare healthy snacks and meals in order to promote healthy weight. Three week series, Thursdays, Oct. 1, 8 & 15, 5:00-5:45 pm, \$30 for parent/child team, FCHC Meeting Room.

Safety

Babysitting Classes

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

Saturday, Sept. 19, 9:00 am-3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, Oct. 17, 9:00 am-3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

Saturday, Nov. 21, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, Sept. 12 or Nov. 14, 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, Oct. 24 or Dec. 5, 8:00 am - 2:00 pm, \$50, FCHC Meeting Room.

Weight, Smoking

Weight Loss Challenge

This 9-week class will include nutrition information, weekly challenges, and short activity sessions to help participants begin to lose weight. Tuesdays, Sept. 29-Nov. 24, 6:30-7:15 pm, \$60, 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 – Thursday, Sept. 17, 5:00 pm, \$60, FCHC Meeting Room

Weight Control – Thursday, Nov. 12, 5:00 pm, \$60, FCHC Lamaze Classroom

Smoking Cessation – Thursday, Sept. 17, 6:00 pm, \$60, FCHC Meeting Room

Smoking Cessation – Thursday, Nov. 12, 6:00 pm, \$60, FCHC Lamaze Classroom

Weight, Smoking

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PC/CR CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, offers dependable service to assist you in making the change towards a healthier you. The cost is \$50 per person to attend either a Stop Smoking or Weight Loss Seminar. The fee includes a personal reinforcement CD of the program with the option of attending a future seminar if needed. Bring a friend and pay the discounted price of \$40 per person. To register, contact Andrew Lesniewicz PC/CR CHt, at 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room. Classes will not be cancelled.

Saturday, Sept. 12

Weight Loss – 1:00-2:30 pm

Stop Smoking – 3:00-4:30 pm

Monday, Sept. 14

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Monday, Oct. 5

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Saturday, Oct. 10

Weight Loss – 1:00-2:30 pm

Stop Smoking – 3:00-4:30 pm

Saturday, Nov. 7

Weight Loss – 1:00-2:30 pm

Stop Smoking – 3:00-4:30 pm

Monday, Nov. 9

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Monday, Dec. 7

Weight Loss – 5:30-6:45 pm

Stop Smoking – 7:00-8:15 pm

Grief Support

H.O.P.E

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

Health & Fitness Classes

(Continued from page 10)

Diabetes Classes

Register for the following classes by calling the Diabetes Education Office at (419) 330-2772, or by visiting the FCHC website.

Conversation Maps: Diabetes and Healthy Eating – What are the basics of diabetes care? How do the different types of food affect blood sugar? Do I have to avoid all sugar, or eat like a bird to control my diabetes? Are there “bad” foods I can’t eat? What is the simplest way to plan meals? To get the answers to these questions and more, come to this session where you learn from others traveling the diabetes journey as well as expert educators. Monday, October 26, 6:30-8:30 pm, Napoleon First Church of Christ, 800 Glenwood Ave, Napoleon, OH. Suggested donation, \$5.

Dining with Diabetes – This program is designed for people of all ages with diabetes, the newly-diagnosed and those who have lived with diabetes for years. Caregivers and support persons are welcome. The three-class series includes learning, demonstrations, and tasting small samples of healthy foods. A three-month reunion will also be scheduled. Only \$5 for all four classes! Tuesday, November 3, 10, 17, from 4:45-6:45 pm at the OSU Extension Office, 8770 State Route 108, north of Wauseon (across from the fairground). Call 419-337-9210 to register or for questions.

Mountain Climbing – Monthly class in self-help for the person with diabetes: 1st Wed. of month, 9-11 am; 2nd Thurs. of month, 7-9 pm.: \$5. FCHC Meeting Room. Support person is welcome and free.

October: Diabetes Underground with Dr. Eric Lehman. How the complications of diabetes are prevented and treated. Wed., October 7, 9-11 am or Thurs., October 8, 7-9 pm.

November: Party Time – Planning for the Holidays. Jill Crossgrove-Murillo, RD, LD. Tips for staying on track with healthy meal planning through the “eating season” and delicious taste-testing, too! Wed., Nov. 4, 9-11 am or Thurs., Nov. 12, 7-9 pm.

December: Exercise Prescriptions for Diabetes Management. BRAND NEW SESSIONS! Dalynn Badenhop, PhD, exercise physiologist and head of Cardiac Rehab at the University of Toledo Medical Center. Wed., Dec. 2, 9-11 am or Thurs., Dec. 10, 7-9 pm.

Give Back to Your Community: Be a Volunteer!

“I wanted to give back to the community and found out it’s a great place to work and the people are great to work with. The food is good, too!”
– Dennis Shoemaker, Volunteer, Salad Preparation



Have you considered helping others? Then consider joining the FCHC Auxiliary and serving as a volunteer. “Most of our volunteers do so because they want to give back to their community,” says Julie Engler, FCHC Auxiliary Volunteer Coordinator. Volunteers can select from 12 Health Center departments: Central Registration, Oncology Clinic, Cardiology Clinic, X-Ray (escort), Food & Nutrition in the Cafeteria, Salad Preparation, Gift Shop, Health Information, Information Desk, Emergency Department Reception, Surgery Waiting Room, and Special Events. Volunteers can also work at FCHC’s Fulton Manor long-term care facility. Scheduling is flexible and volunteers can determine how often they want to work.

Becoming a volunteer begins with a one-on-one meeting with Engler. After that, a packet of materials is sent to the applicant which contains an overview of the FCHC Auxiliary, the volunteer program areas, shift times, a dress code, an application, and a list of the benefits of volunteering. References are checked followed by a more formal interview with Engler and a tour of the Health Center. The applicant then returns for a more in-depth interview and orientation with Engler. The individual then works a shift with a volunteer in the department chosen by the applicant to get a feel for what the job is like. High school students can also volunteer



“As a volunteer, I enjoy being able to assist the public. It’s exciting to be a part of a very busy health care facility.”

– Maretta Boyers, Volunteer, Gift Shop

through the Auxiliary’s VolunTeen program where they can earn service hours and qualify for possible college scholarships if they elect to pursue a degree in the medical field.

For more information about the FCHC Auxiliary Volunteers contact Julie Engler, Volunteer Coordinator, at 419-330-2695. If you are interested in becoming a Volunteer at the Fulton Manor long-term care facility, call Tammy Allison, Director of Activities, at 419-335-2017, Ext. 2798 or 2805.



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Health Tips
Health & Fitness Classes

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

E. Dean Beck, Administrator

Dale Nafziger, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

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



Protecting Your Identity

Identify theft has become a growing problem. When another person's identity is used to obtain medical treatment, it can pose a risk to patients as well as health care organizations. The Federal government has recently established guidelines to help detect or prevent the use of stolen identity and is requiring hospitals nationwide to have policies and guidelines in place by November 1, 2009. Fulton County Health Center is ahead of schedule, having instituted its policy this past spring.

The identity theft policy uses a system of "red flags" that alert staff members to look more closely at the information provided by an individual. "There is more at stake than the attempt to illegally obtain health coverage - there is also the potential of a medical disaster," says Jan Yoder, RN, BSN, MAOM, FCHC Compliance Officer. "Verifying your identity will help to ensure that you receive safe health care, appropriate for your medical history."

FCHC is asking the public to bring a picture I.D. each time you register for tests or treatment. "We want to be absolutely sure we have the right person matched with the right medical information, so that we can continue to provide the excellent health care you've come to expect from FCHC," says Yoder. "Also, we ask for your understanding and patience as we ask questions to verify your identity even though you may have been here many times."