

A publication of Fulton County Health Center

Health *Centering*


The Unsung Heroes- *FCHC Maintenance*

The FCHC Maintenance Department - Front Row, L-R: Scott Johnson, Tab Emahiser, Jason Baun, Mike Hurd, Dan Westfall. Back Row, L-R: Mike Rauch, Ray Revis, Doug Troyer, Darren Campos, Paul Murrey. Not Pictured: Rod Andrews.

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



painter, another who is trained to handle medical gases like oxygen, and so forth,” says Hurd. “That specialization makes us more efficient and effective in trouble shooting issues that arise.” Most staff members have been employed at the Health Center for many years. New hires go through a four-week orientation period where they are paired alongside an experienced staff member. “When a person joins us, they are initially overwhelmed by how much you have to know to perform this job,” says Hurd. “The orientation period helps them to get their feet on the ground.”

Scheduled Maintenance

The staff spends 20% of their time handling routine scheduled maintenance of medical and facility equipment to make sure they are operating correctly. This includes equipment for life support, infection control, and environmental control services. A full-time administrative secretary is responsible for documenting work and showing compliance with a variety of regulatory agencies, such as The Joint Commission (TJC), the Ohio Department of Health, the Centers for Medicare and Medicaid Services (CMS), and the Occupational Safety and Health Administration (OSHA). “Our secretary handles the time-consuming part of documentation and ordering parts so our guys can keep working to keep the facility running,” says Hurd.

Maintenance The Unsung

They’re regular guys who are quite inconspicuous to the average observer. They don’t provide medical services, diagnostic tests or therapy. As a patient or visitor, it is unlikely you will talk with them. But without the FCHC Facilities Department, the Health Center would not function very effectively. In fact, the case could be made that under certain circumstances, the Maintenance staff is critical to keeping the Health Center fully operational.

When you think of maintenance in a medical facility, you probably conjure up images of fixing things, maybe cutting grass or shoveling snow. While these are all part of the responsibility of the FCHC Maintenance Department, they are just small parts of the overall scope of what they handle.

“We are responsible for 350,000 square feet of facility covering the Health Center, Fulton Suites and Fulton Manor, our on-campus Medical Office Building, and the West Ohio building just to the south of the Health Center,” says Mike Hurd, FCHC Facilities Director who has been the department head for nearly 11 years. “We also maintain physician offices in Fayette, Delta, and the FCHC Rehab Center in downtown Wauseon. That’s a lot of space and a lot of things to keep functioning on a regular basis.” The Facilities Department has a full-time crew of 10 and a full-time administrative secretary in addition to Director Hurd. All members of the staff perform a variety of functions, but each has been trained to be a specialist in a certain area. “For example, we have one crew member who is the expert on our phone system, another who is our lead carpenter, one who is the main

Heroes

“We are responsible for 350,000 square feet of facility.”

— Mike Hurd, FCHC Facilities Director



Darren Campos conducts a Line Isolation Monitor Test.



Jason Baun performs an annual boiler inspection.

Emergency Preparedness

Hurd is one of two individuals at Fulton County Health Center who are responsible for coordinating emergency preparedness for the facility. Hurd handles logistics and communication for the emergency preparedness team, while Jim Currier, RN, BSN, FCHC Critical Care Unit Manager, handles the clinical side.

After 911 the federal government began offering Homeland Security grants to states for the planning and training of hospitals, emergency workers and law enforcement agencies. Emergency preparedness is coordinated nationally by the National Incident Management System (NIMS), part of the Homeland Security department. Beneath NIMS is the Hospital Incident Command System (HICS), which requires that hospitals nationwide plan and prepare for emergencies. Regionally, the planning and preparation involves 18 counties and 44 hospitals in northwest Ohio. These counties and hospitals make up the Regional Medical Response System (RMRS). The RMRS works with the county Emergency Management Agency (EMA).

Emergency preparedness involves planning for terrorist attacks, natural disasters, major accidents and even the H1N1 pandemic. Monthly meetings are held involving members of each hospital in the RMRS. Written plans are in place at each hospital, and they are continually updated and improved. A regional disaster drill is held each year to test the readiness of the system. A separate communication system has been installed, and all area hospitals have backup satellite phones. Fulton County Health Center has its own backup generators, which are also backed up by other generators. It is one of the few hospitals in the state to have the entire facility on such a redundant power system. "When we have a tornado warning, my guys immediately start the generators in case the power goes out, because we can't take a chance that a life support system would lose power for even a few seconds," says Hurd.



Kelly Revis provides complete documentation of all maintenance work performed and orders supplies and parts in addition to serving as the Maintenance Department Receptionist.



Doug Troyer (foreground) and Mike Hurd adjust temperature controls using a sophisticated computer system.



Electrical Maintenance

The FCHC Maintenance staff handles 20,000 work requests each year. Some are routine, while others are more complicated. Many of the requests involve electrical maintenance. An outside firm is hired to conduct an annual infrared camera scan of all electrical panels in the facilities to look for loose connections that can cause heat and generate a fire. "There is a chance for loose connections to occur with the amount of electrical wiring we have in the Health Center," says Hurd. "It's better to be proactive than to have to respond to an electrical fire." Electrical issues can also arise with the nurse call system, televisions, the phone system, and computers. Within the past 10 years the Maintenance crew has installed more than 25 miles of computer cabling in the Health Center.

One of the more critical aspects of electrical maintenance involves the Line Insulation Transformer and monitors used in Surgery and the Critical Care Unit (CCU). "When a patient undergoes surgery and their skin surface is compromised by a scalpel or IV, that patient is extremely susceptible to any minor electrical shock," says Hurd. "But even a minor one that they couldn't feel when they were awake could stop the heart from beating." All IV pumps, cold packs and life support systems run through the Line Insulation Transformer that prevents any type of minor electrical shock from occurring. These transformers, monitors and alarm system are checked monthly.

Plumbing, Remodeling and HVAC

There are thousands of feet of supply and waste plumbing lines in a facility the size of Fulton County Health Center, and they are made from cast iron, copper, and PVC materials. Cast iron pipes tend to get brittle over time, and the Maintenance staff will have to open a hole in the drywall to access the pipe and cut out the brittle section. The Health Center also has five steam boilers to heat the building, with 1-3 boilers typically in use at one time with two as backups. Each year the staff completely tears down the boilers for a state inspection, after which they are rebuilt and fired up to make sure they are working properly.

The Maintenance staff also performs a good deal of remodeling work inside the Health Center, moving walls and creating new ones where needed. This involves building the metal wall studs, doing the electrical work within the studs, and hanging the drywall.

Eight large air handlers move 300,000 cubic feet of air every minute of every day at the Health Center. "This is the equivalent of the air conditioning systems operating in 300 homes," says Hurd, "and we are responsible for making sure they keep moving air."

If the power in an office goes out, it becomes an annoying inconvenience. If the power in a hospital

(Continued on page 4)

Maintenance -The Unsung Heroes

(Continued from page 3)

goes out, it could affect a patient's life. So the Health Center has four backup generators to keep life supporting medical equipment and lights operating. The four backup generators are tested weekly and monthly. The generators are designed to provide 100% of the power to the entire Health Center for 28 consecutive days before refueling. "The power from these generators could power 160 homes for a month," says Hurd.

Other Duties

While the Maintenance staff spends a great deal of time working within the Health Center and other buildings, they are also in charge of landscaping and snow removal. Grass mowing is handled by an outside source. Members of the Maintenance staff are also responsible for providing security and have received special training. They are also responsible for the environmental controls and energy management (see related article).

The Unsung Heroes

"Our Facilities Department is responsible for making sure everyone in the Health Center can do their job safely and that the patient remains safe," says E. Dean Beck, FCHC Administrator. "So while they may not be on the front line of health care, they are certainly a critical support staff to allow our front line doctors, nurses, and technicians to perform their jobs."

THE JOB IS NEVER DONE

In addition to performing routine maintenance and renovation work at FCHC, Fulton Manor and Fulton Suites, the on-campus Medical Office Building, and two offsite physician offices, each member of the FCHC Facilities Department is trained in a specific area such as:

- Environmental controls
- Medical gas testing
- Phone equipment
- Nurse call system
- Key/lock systems
- Carpentry
- Electrical
- Plumbing
- Painting

INTERESTING FACTS

The FCHC Facilities Department:

- Receives 20,000 work requests a year
- Maintains 4 backup generators that could power 160 homes for a month
- Keeps 8 air handlers operating that move 300,000 cubic feet every minute – enough to cool 300 homes
- Have installed 25 miles of computer cable in the last 10 years
- Reduced energy consumption by 15% at an annual cost savings of \$117,000



Going High Tech & Green

The FCHC Maintenance Department is responsible for many areas of the Health Center and related facilities, including Environmental Controls and Energy Management. The department utilizes two computers to electronically monitor the five steam boilers, 1,375 Tons of Air Conditioning, and eight air handlers to maintain a steady temperature regardless of the season. Adjustments to the units can be made right from the computer. There is a great deal of power used to operate 350,000 square feet of facilities, and the FCHC Maintenance Department is a state leader in energy management. FCHC has installed Variable Frequency Drives (VFD) in air handler and cooling tower motors and pumps. The VFD's work to lower the amount of power needed to continually operate these motors and pumps. The state of Ohio has legislated that large electric consumers lower their electric usage 22.2% by 2025. Thanks to the planning and implementation efforts of the staff, the Health Center has already achieved more than a 15% reduction in electric consumption over the past three years. That equates to a savings of \$117,000 a year. The staff have also installed LED and CFL lighting on the exterior and interior of the building to further reduce its energy consumption. Last fall, FCHC became one of the first three hospitals in the state to reach the initial threshold of the law, and its reduction in electrical consumption was significantly lower than the other two hospitals. As a result, the Health Center's Maintenance Department was selected to make a presentation this September to all of the hospitals in the Northwest Ohio First Energy Region concerning what it had done to achieve the high energy reductions.

Message *from the* Administrator

If you use the services of our Health Center you will likely encounter doctors, nurses and medical technicians in the course of your diagnosis or treatment. Like any patient, you would expect that our medical and environmental equipment continues to function



in an orderly fashion. But getting everything to work requires constant monitoring, testing, and repair from individuals who work quietly behind the scenes – our Maintenance

Department. This issue of Health Centering focuses on these "unsung heroes" who fix things and do what they need to do to allow our front line health care workers to perform their jobs. This is the first of a series of articles we plan to publish about the many unsung heroes at Fulton County Health Center.

Do you have a family member who is interested in Independent Living or who requires long-term care? If so, you may find the article on our Fulton Suites and Fulton Manor beneficial to you. We also provide an update on the influenza vaccine that will soon be available, and we offer some Health Tips on how to shop for more healthy food.

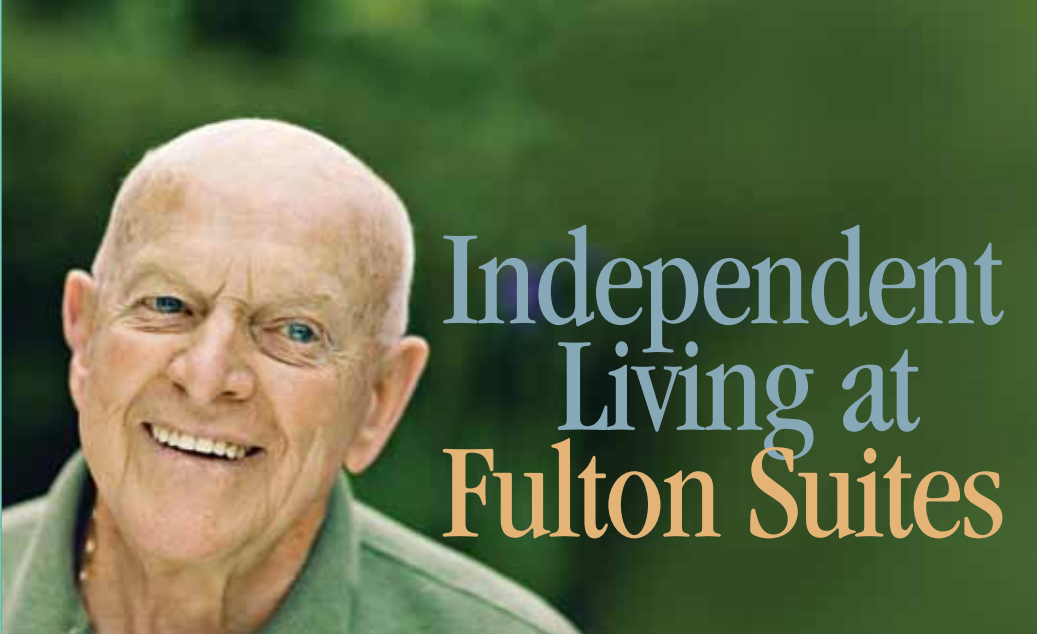
I encourage you to take advantage of some of our many health and fitness classes available in a community near you. Exercise is a major part of preventive medicine that keeps you healthy and lowers health care costs.

Enjoy the approaching fall season and stay well!

Sincerely,

E Dean Beck

E. Dean Beck,
FCHC Administrator



Independent Living at Fulton Suites



Are you tired of housework and maintaining a home? Maybe you should consider Independent Living at Fulton Suites, located on the campus of Fulton County Health Center. The facility currently has two of its 15 suites available to rent.

"It's a great option for people as they get older and become tired of the work to maintain a home," says Mary Jo Smallman, LNHA, Administrator of Fulton Suites and Fulton Manor, the long-term care facility adjacent to Fulton Suites. "Our residents are really quite independent and can come and go as they please."

All Independent Living suites are private ground floor units with a 10' x 13' living room, single bedroom, kitchenette with microwave and refrigerator, and a private bathroom. "The bedroom and living room are separated by a wall, so you are not living and sleeping in one big room," says Smallman. Residents who can drive a car have plenty of parking spaces near the building. Laundry services are also provided.

Fulton Suites offers its Independent Living residents two meals a day along with a breakfast pantry stocked with cereals, toast, and a variety of other breakfast foods. Residents typically take their food back to their rooms to eat. Planned offsite activities are offered including shopping trips to local stores and visits to other interesting places. Organized games such as cards and bingo are also offered, and residents can choose to participate if they would like to be included. Exercise classes are also offered for Independent Living residents, and walking the grounds of the entire campus is a choice residents can make for added exercise. Regular blood pressure screenings are provided, and a nurse is available at the nearby Fulton Manor long-term care facility for emergencies.

"All of our units are unfurnished so the resident can furnish and decorate to their liking," says Smallman. "We have one unit that is furnished and offered on a short-term basis to residents who want to check us out. We also offer the furnished unit to families who need to leave town and don't want to leave mom or dad home alone." Smallman says the family member will stay in the furnished suite for a couple of weeks while the family vacations.

"We're far enough away from the Health

Center to offer residents an independent environment, but we're close enough to transport that resident to the Health Center for medical tests, rehabilitation, or emergency care without having to go outside," says Smallman.

Fulton Suites and Fulton Manor were opened in the fall of 1996 adjacent to FCHC, with Fulton Manor replacing Detwiler Manor, the county nursing home across the street from the Health Center. The Detwiler building still exists and houses county offices. Fulton Manor offers 71 skilled and long-term care rooms that are mostly semi-private with a partial wall separating residents who share a bathroom. Nine of the 71 rooms are private. Fulton Manor is connected to Fulton County Health Center and offers peace of mind to families who know their loved one is just a short distance away from the

many medical services offered at the Health Center. "Being attached to the Medical Office Building and the Health Center is very convenient for our long-term care residents who don't have to be transported by car or ambulance for a doctor visit, lab work, X-rays or medical care," says Smallman.

Some patients at FCHC are released needing rehabilitative care, and they are able to get that type of skilled care at Fulton Manor. "These patients become residents at Fulton Manor once they are

discharged from the Health Center," says Smallman. "They have the added benefit of receiving care from the same physical, occupational or speech therapist that cared for them in the Health Center."

Fulton

Manor has a full-time activities director who plans activities, games and exercise programs to keep residents alert and active. Fulton Manor has RN coverage on all shifts and the nursing assistants are state-tested. Fulton Manor is accredited by The Joint Commission (TJC). The facility is quite popular and typically has a 94% or higher occupancy rate.

For more information about Fulton Suites Independent Living units or the Fulton Manor long-term care facility, contact Rhonda Revis, Admission Coordinator at 419-335-2017.



Get Ready for the Flu Season

FLU FACTS

The Food and Drug Administration has approved the seasonal influenza vaccines for 2010-2011. According to Barb Crow, RN, FCHC Infection Control and Employee Health Manager, there is a significant change in the CDC's influenza vaccine recommendation this year. "The CDC is recommending that all individuals age 6 months and older receive the flu vaccine this year," says Crow. "In years past they would recommend influenza vaccination for those with a chronic illness, the elderly, the very young, pregnant women and health care workers. They have expanded their recommendation to include a lot more people this year. The idea is that the more people that are vaccinated, the better the chance of protecting those that cannot be vaccinated due to an allergy to a component of the vaccine ... and to further reduce the general public's risk of developing complications such as bronchitis, pneumonia and death."

This year's vaccine will protect against the H1N1 and an H3N2 strain that are considered Type A strains. The vaccine will also protect against a Type B flu strain. "I recommend that individuals get the flu vaccine as soon as it is made available," says Crow. Area residents are advised to contact their doctor for the flu vaccine, the Fulton County Health Department, or to look for flu vaccine clinics in area stores. As always, the influenza vaccine will be offered to Fulton County Health Center staff and volunteers this year to protect them from getting the flu and to prevent its spread to others.

Children age 6 months to 8 years of age that have never received the seasonal influenza vaccine before, should get two doses of the seasonal vaccine about four weeks apart.

Fluzone High-Dose is a newly approved vaccine for those aged 65 and older. "People in this age demographic may have a diminished immune response to the normal flu vaccine, which suggests that immunity might be of a shorter duration or have a reduced ability to respond to the vaccine, but more studies are needed," says Crow.

Influenza is a virus that causes a respiratory illness. The symptoms come on suddenly and include fever, body aches, extreme fatigue, sore throat, dry cough, runny or stuffy nose, and headache or eye pain. It is spread by droplets when an infected person coughs and sneezes. Some people may have a mild case but can easily spread the illness to others that may develop severe complications, which makes it so important to get the vaccine. The influenza vaccine does not protect against the so-called "stomach flu" that may be caused by other organisms.

For more information about the flu or the flu vaccine, visit the Centers for Disease Control and Prevention web site at www.cdc.gov



Here are answers to common flu questions as compiled by Barb Crow, FCHC Infection Control and Employee Health Manager, using CDC guidelines.

Q.: What is the flu?

A.: *Influenza (flu) is an upper respiratory virus easily spread from one person to another by coughing and sneezing. Many people confuse influenza with the "stomach flu," which is actually a gastrointestinal virus causing upset stomach, vomiting, and diarrhea. The upper respiratory flu season typically lasts from November through March.*

Q.: How does the flu vaccine work?

A.: *The influenza vaccine is manufactured in laboratories to match the most likely strains for that flu season. The vaccine is made from killed flu viruses and is designed to help the body build immunity to those strains. Protection begins in about two weeks after getting the shot and may last up to one year.*

Q.: Will I get the flu from the vaccine?

A.: *No. The influenza vaccine is made from a killed virus.*

Q.: I don't like to get shots, so how can I avoid getting the flu?

A.: *Healthy, non-pregnant persons ages 2-49 years can receive the live attenuated vaccine that is sprayed into the nose.*

Q.: Are there risks to getting the flu vaccine?

A.: *The risk of causing serious harm is extremely low. Mild problems are more typical and include soreness, redness, or swelling where the shot was given, as well as fever and aches.*

Q.: Who should get the flu vaccine?

A.: *This year the Centers for Disease Control and Prevention recommends all individuals age 6 months and older receive the flu vaccine.*

Q.: Who should NOT get a flu shot?

A.: *Talk with a doctor before getting a flu shot if you:*
1) Have ever had a severe allergic reaction to eggs or to a previous flu shot.
2) Have a history of Guillain-Barré Syndrome (GBS).
3) If you are sick with a fever when you go for your flu shot, talk to your doctor about getting your shot at a later date.

Q.: Where can I get the flu vaccine?

A.: *From your doctor, the Fulton County Health Department, and flu vaccine clinics offered in local stores. Fulton County Health Center is not a distribution point of the flu vaccine for the general public.*

Vascular Health Fair

Are you over the age of 50? Do you smoke or have diabetes? Do you have a family history of stroke or abdominal aneurysm? If so, then take advantage of a Vascular Screening Health Fair offered by FCHC Vascular Surgeon Munier Nazzal, M.D. Learn about your risk for: Venous and Peripheral Arterial Disease (PAD), Carotid Artery Disease, Abdominal Aortic Aneurysm, and Lower Extremity Limb Attack. Educational materials, door prizes and refreshments will be provided. The Vascular Health Fair will be held at the FCHC Beck Meeting Room (park in south lot and use ground floor entrance) on Saturday, Sept. 25th from 9:00 am until 3:00 pm. The program is free. Attendees can also choose by appointment only to have a Venous, Abdominal Aneurysm (AAA) and Peripheral Arterial Disease (PAD) screening for \$50 per person. Appointments for this screening must be made prior to September 17th by calling 419-383-6011.

Metabolic & Bariatric Surgery Programs

FCHC General Surgeon, Jose Parodi, M.D., will discuss the problems of Obesity and Related Co-Morbidities such as Diabetes and their response to Metabolic and Bariatric Surgery. Dr. Parodi will also explore the role of Bariatric Surgery in Diabetes Mellitus as well as indications for Lap Band or Bypass Surgery, statistical analysis, and patient satisfaction following Metabolic and Bariatric Surgery. Two free sessions will be offered: Thurs., Sept. 2, 6 - 7 pm or Tues., Oct. 19, 6-7 pm, FCHC Emergency Department Conference Room.

Treatment Options for GERD

Do you suffer from heartburn, acid reflux or a hiatal hernia? Join FCHC General Surgeon, Jose Parodi, M.D., as he discusses the causes of GERD (Gastroesophageal Reflux Disease) and hiatal hernias, and the effective treatment options for them. The free program will be offered on two separate dates: Tues., Sept. 28 or Oct. 26, at Noon in the FCHC Emergency Department Conference Room.

FCHC Auxiliary Events

Sept. 22 - Handbag Sale by the Bag Lady, 7 am – 4 pm, FCHC Cafeteria

Sept. Volunteer Mum Sale - Watch for more details

Oct. 14 & 15 - Masquerade \$5.00 Jewelry Sale, FCHC Cafeteria

Nov. 10, 11, 12 - Books on the Go, FCHC Cafeteria

Oct. 18 - Nov. 15 - Poinsettia Sale. Get order sheets at the FCHC Gift Shop or from one of our volunteers.

Pickup date is Dec. 2 at the Fairlawn Community Room in Archbold and in the FCHC Ground Floor Meeting Room.

FCHC EVENTS!



Care to Help?

The FCHC Auxiliary is looking for more volunteers to help around the Health Center. Day, evening and weekend times are available. Call Julie Engler, Volunteer Coordinator, at 419-330-2695 if you are interested in becoming a Volunteer at the Health Center. 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.

Bridging the Gap to Heart Health

On Saturday, October 2, 2010 the Fulton, Henry and Williams County Health Departments are sponsoring the 10th 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 am 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 am.

There is a \$15 entry fee for the runs or \$20 after September 25th, while the 1 Mile Fun 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).

Road to Wellness

Stop and ask for directions to get on the Road to Wellness at the 2nd Annual Health Conference for Mature Adults and Caregivers. The event is sponsored by the Fulton County Aging Consortium and will be held Tuesday, Oct. 5, 9:30 am - 2:00 pm, St. Caspar's Church Parish Life Center, Wauseon. Includes free blood glucose and blood pressure screenings; flu shots will be available at \$20/ person if under age 65 and covered by Medicare if age 65 or older. There will be presentations on Alzheimer's, Heart Disease, Healthy Cooking for One, and a Better Business Bureau program on Scams to watch for. Lunch is provided free if you pre-register. Pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, the Community Health Professionals in Archbold, and Heartland of Wauseon.



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 can be mixed and matched for dates/times/locations. 10 Week Session – September 27-December 4; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

Health & Fitness Class Descriptions

Advanced 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.

Aquatic Dance

Consists of a variety of rhythmic body movements and dance steps performed in the water. It's a fun and new way to exercise!

Arthritis Aquatics

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

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.

Beginning Ballroom Dance

Have you always wanted to learn how to dance like the stars? Ballroom Dancing is one of the most elegant forms of dancing and great exercise too. Come learn the beginning basics!

Cardio Core

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

Cardio Dance (formerly Smooth Moves)

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

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

Wauseon Classes	Day(s)	Time	Location
Cardio Core	M-W	5:30 PM	FCHC Rehab Center
Cardio Core	M-W-F	6:00 AM	FCHC Rehab Center
New! Turbo Kick®	W	6:30 PM	FCHC Rehab Center
SilverSneakers® MSROM	T-TH	10:30 AM	FCHC Rehab Center
(Free to Medicare Advantage subscribers, regular pricing applies to others)			
New Location! Beginning Ballroom Dance	TH	6:45 PM	FCHC Rehab Center
\$100.00 Couple, \$60.00 single - <i>Cannot Be Combined With Other Class Pricing!</i>			

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
New! Aquatic Dance	T-TH	5:30 PM	FCHC Rehab Center

Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; Oct. 2 - Nov. 20			

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

Evergreen School District Classes	Day(s)	Time	Location
Cardio Dance (formerly Smooth Moves)	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Cardio Dance (formerly Smooth Moves)	W	7:00 PM	Evergreen Elementary School Gym

Fayette Class	Day(s)	Time	Location
Cardio Dance (formerly Smooth Moves)	M-W	6:15 PM	Fayette School Band Room

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

Montpelier Class	Day(s)	Time	Location
Cardio Dance (formerly Smooth Moves)	T-TH	7:00 PM	Montpelier School North Gym

Pioneer Class	Day(s)	Time	Location
Cardio Dance (formerly Smooth Moves)	TH	6:00 PM	Church of the Nazarene

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

West Unity Class	Day(s)	Time	Location
Cardio Dance (formerly Smooth Moves)	T-TH	6:15 PM	Solid Rock Church

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



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 can be mixed and matched for dates/times/locations. 10 Week Session – September 27-December 4; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

Health & Fitness Classes (continued)

Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.	10 classes - \$27, 20 classes - \$40, 15 or more classes - \$50		
Cardio Core	T-TH	5:30 AM	Park Pavilion
Cardio Core	T-TH	5:30 PM	Park Pavilion
New! Turbo Kick®	M	5:30 PM	Park Pavilion
New! Turbo Kick®	W	5:00 PM	Park Pavilion
Golden Retrievers	M-W	9:15 AM	Wyse Commons
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.			

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

Wauseon Class	Day(s)	Time	Location
Yoga (Beginner-Intermediate, Mat Required)	SAT	9:00 AM	FCHC Rehab Center
10 classes - \$47, 20 classes-\$74			
Pioneer Class	Day(s)	Time	Location
Yoga (Beginner-Intermediate, Mat required)	T-TH	7:00 PM	Church of the Nazarene
10 classes - \$47, 20 classes - \$74			
Swanton Class	Day(s)	Time	Location
Yoga (Beginner-Intermediate, Mat required)	T	7:15 PM	Swanton Public Library
9 classes (Sept. 28-Nov. 3) - \$43, 18 classes - \$70			
Archbold Class	Day(s)	Time	Location
Yoga (Beginner-Intermediate, Mat required)	M	6:45 PM	Park Pavilion
10 classes - \$40			

Health TIPS

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

This issue's health tip is:

Savvy Grocery Shopping

Healthy eating starts with the purchase of healthy food. Here are some tips to make your grocery shopping a healthy effort:

The main tip is to shop the perimeter of the store where the fresh fruit, vegetables, meat and dairy sections are located.

Every store has nutritional information posted for produce items, such as apples that come loose or bagged with no food labels. Just look for the posted information.

Limit purchases from the center of the store, since this is where more processed foods are found. Processed foods contain additives and preservatives. Items in the center of the store also contain more sodium.

Purchase only the amount of food you can use within a week.

Each year during the February to May Be Healthy Now: Fulton County weight management program, FCHC's Registered/Licensed Dietitians take program participants on a guided informational tour of local grocery stores in Wauseon, Archbold, Delta, Fayette, and Swanton. Tours can have up to 15 participants and usually last about an hour. Local stores are contacted in advance to arrange for a convenient time to hold the tours. In the past year, 3-4 tours were held in April and May. The tours focused on providing participants with the nutritional value of fresh produce, fibrous foods like bread and cereals, meat, and dairy products. Watch your local papers after the first of the year for more information about the tours.

Health & Fitness Class Descriptions

Golden Retrievers

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

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

SilverSneakers® Muscular Strength & Range of Motion

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

Turbo Kick®

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

Yoga

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





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

Learn the basic survival skills of eating for optimal blood sugar control. Saturday, Oct. 16, 9:00-11:00 am, \$5, FCHC 2nd Floor Surgery Conference Room. Must pre-register at 419-330-2735.

Pre-Diabetes

The good news is this: pre-diabetes can be reversed. This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who have already attended a pre-diabetes class. All of us can become healthier by following the meal planning and physical activity tips presented in this class! Friday, Dec. 10, 2:00-3:00 pm, \$5, Wyse Commons Gathering Space, Fairlawn Complex, Lutz Rd, Archbold. Must pre-register at 419-330-2772.

Healthy Eating

Healthy Cooking & Eating

Come learn about healthy, quick and simple meals and snacks. Tuesday, Sept. 21, 7:00-8:00 pm, \$5, Wyse Commons Gathering Space, Fairlawn Complex, Lutz Rd, Archbold. Must pre-register at 419-330-2735.

Healthy Holiday Eating

Review healthy eating guidelines and get tips to keep holiday eating healthy. Recipes and samples will be shared. Friday, Nov. 12, 2:00-3:00 pm, \$5, Wyse Commons Gathering Space, Fairlawn Complex, Lutz Rd, Archbold. Must pre-register at 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, Sept. 14 or Nov. 9, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, Sept. 28 or Dec. 7, 9:30 - 11:00 am, \$5, FCHC 1st Floor Cardiac Rehab Classroom.

Cardiovascular Disease 101

Learn about the 4 main types of cardiovascular disease, risk factors, disease process, warning signs, and prevention. Let us help you keep your heart strong and your blood vessels flowing! Friday, Oct. 8, 2:00-3:00 pm, \$5, Wyse Commons Gathering Space, Fairlawn Complex, Lutz Rd, Archbold. Must pre-register at 419-330-2772.

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, Oct. 12, 9:30 - 10:30 am, Free, FCHC 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! Thursday, Oct. 28, 6:30-8:00 pm, \$5, FCHC 2nd Floor Surgery Conference Room. Please call 419-330-2735 to pre-register.

Safety

American Red Cross 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. 18 or Nov. 13, 8:00 am - 4:00 pm, \$50, FCHC Ground Floor 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. 2 or Dec. 11, 8:00 am - 2:00 pm, \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

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

Saturday, Sept. 25, 9:00 am-3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

Saturday, Oct. 16, 9:00 am-3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, Nov. 6, 9:00 am-3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Weight, Smoking

FreshStart

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

Weight Loss 101

Four week class to look at why we eat the way we do. This class will encourage journaling, accountability and nutrition information from a registered dietitian. The class may continue as a support group. Thursdays, Oct. 7 – Oct. 28, 11:31 am -12:01 pm or 4:46-5:16 pm, \$20, FCHC Cafeteria.

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can assist you in making the change towards a healthier you. Cost: \$50 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$40 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Monday: Nov. 8

(FCHC Ground Floor Meeting Room)
Weight Loss – 5:30-6:45 pm
Stop Smoking – 7:00-8:15 pm

Saturday: Sept. 18, Oct. 23, Nov. 13, Dec. 4

Weight Loss – 1:00-2:30 pm
Stop Smoking – 2:30-4:00 pm



Health & Fitness Classes

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

Diabetes Education & Support

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. Tuesday, Sept. 28, 5:30-7:30 pm, Delta Public Library, 402 E. Main St, Delta. To register, call the Diabetes Education Office at 419-330-2772 by Monday, Sept. 27, or visit www.fultoncountyhealthcenter.org. A \$5 donation is suggested to cover the cost of supplies.

Dining with Diabetes. The program is designed for people of all ages with diabetes and pre-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 \$10 for all four classes! Nov. 5, 12, 19, from 9:30 – 11:30 am 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.

Balancing Life with Diabetes (formerly 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. No registration necessary.

October: Diabetes Underground with Dr. Eric Lehman. How the complications of diabetes are prevented and treated. Wed., Oct. 6, 9-11 am or Thurs., Oct. 14, 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. 3, 9 – 11 am or Thurs., Nov. 11, 7 – 9 pm.

December: Exercise Prescriptions for Diabetes Management. Back by popular demand! Dalynn Badenhop, PhD, exercise physiologist and head of Cardiac Rehab at UT-MC. Wed., Dec. 1, 9-11 am or Thurs., Dec. 9, 7-9 pm.

Diabetes Support Groups - Wednesdays, except 1st Wed. of month, 9:30-10:30 am, every Thursday from 3-4 pm, and the second Thursday of every month from 5-6 pm. Diabetes Education Office, 4th Floor, FCHC. Free. Learn from the educators AND from others traveling the diabetes journey. If you need assistance in staying on track with your diabetes self-care, this is the place for you!



Obstetrics: Partners in Pregnancy Programs

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

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

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

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

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

Sibling Class— For children age 3 and older at home. Held at 10 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.

Oncology Programs

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

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

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

American Cancer Society Programs by referral: “Reach to Recovery” and “Road to Recovery.”

Physical Therapy, Stomal Therapy and Wound Care on site

Lymphedema Clinic - An outpatient clinic that includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema. Prosthesis and Wig Bank - Available for patients who cannot afford to purchase their own.

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



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News & Notes
Health & Fitness Classes

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

Becoming an Inspiration

Six years ago at the age of 31, Tonya Gomez had a double lung transplant at The Cleveland Clinic. The surgery was necessary because of damaged lungs caused by cystic fibrosis. Gomez, who is a Registered/Licensed Dietitian with Fulton County Health Center, was required to remain in the Cleveland area near the Cleveland Clinic's campus for a month after surgery. She was off work for a year to recuperate from the surgery and to regain her health.

Gomez not only returned to work full-time, but she has become an inspiration to others thanks to the publicity surrounding her strong performance in the National Transplant Olympics held July 30-August 4 in Madison, Wisconsin. "There were almost 2,000 competitors from across the country who participated in many different sporting competitions," says Gomez. "It was a lot of fun and, at the same time, inspirational to see so many transplant recipients functioning at a high level."

Gomez teamed with her husband to garner the silver medal in the Latin Division of Ballroom Dancing. She also won a silver medal in table tennis for females in her age group, and she participated in badminton, team basketball and team volleyball.

"The Transplant Olympics are held every two years and feature other events like track and field, golf, swimming, and racquetball," says Gomez. "This was my third Transplant games, and I plan on competing again in two years."

Gomez says there is an important message to her story that she would like everyone to know. "All of this would not have been possible without organ donation," says Gomez. "I am alive today because of the 'gift of life'. My donor family is from Wisconsin, and they attended the games this year, which really made them extra special for me. They were right there with me, and I gave my donor mom the silver medal I won in table tennis. It just proves that something amazing can come out of something so tragic. The donor lungs gave me more time with my family and with Eric, my precious 8-year-old son. Eric is named after my brother who passed away from cystic fibrosis. I just love that boy more than anything in this world!"

Gomez plans to compete again and, when she does, no doubt she will again be an inspiration to those who hear about her exploits.

