

A publication of Fulton County Health Center

# Health Centering

## The Unsung Heroes Part IV: *Materials Management*

Members of the FCHC Sterile Processing Department,  
part of the Materials Management Department, inspect  
and assemble surgical instrument trays.

Volume 27, No. 4 Fall, 2011



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

If

you have ever used the services of Fulton County Health Center, you are most likely to have focused your attention on the doctors, nurses and other health care providers who provided direct patient care. But those health care providers needed a great deal of supplies and instruments in order for them to have diagnosed, treated and tracked your condition. Now imagine the number of individuals cared for each day at the Health Center, and factor in the large number of departments spread throughout the Health Center. When you've done that you will begin to get a picture of the wide variety of instruments and supplies needed to keep the Health Center functioning.

The group of unsung heroes responsible for keeping the Health Center well supplied is our Materials Management Department. This department is actually a combination of two

departments: Purchasing and the Sterile Processing Department (SPD), that merged in 2000 due to a major computer software change at the Health Center. Led by Cindy Wanless, FCHC Director of Materials Management, the staff includes Becky Stidham, RN, SPD Unit Manager; 11 technicians; three Certified Central Service technicians; four shift supervisors (3 LPNs, 1 Certified Surgical Technician); a full-time Purchasing Agent; two Mailroom Messengers; and three Receiving Clerks.

### Materials Management: An Overview

The Materials Management Department is responsible for purchasing and receiving supplies, equipment and materials for the Health Center, Fulton Manor Nursing and Rehabilitation Center, the FCHC Rehab Center at 138 E. Elm Street, in

downtown Wauseon, and some aspects of the Health Center's on-campus Medical Office Building. In addition to purchasing and receiving all of these items, they are also responsible for purchasing and distributing linen and sterilizing medical instruments and packs used by physicians and nurses. If that isn't enough to worry about, the Materials Management staff is tasked with handling all incoming and outgoing mail from the U.S. Postal Service, along with the distribution of many internal documents and packages.

### Purchasing

In order for the Materials Management Department to run smoothly and to keep quality care close to home, obtaining supplies and products through a systematic purchasing program is key. "It all begins with vendor contract negotiations, and

that's where I spend the majority of my time," says Wanless. "My objective is to get the best possible pricing on product

## The Unsung Heroes Part IV:



*Carol Wilhelm, CRCST, decontaminates and cleans instruments used in a total knee replacement surgery.*

*Sadie Buckwalter, LPN, Shift Supervisor, unloads items from the steam sterilizer.*

# Materials Management

Front Row (L-R): Mary Smith, CRCST; Sadie Buckwalter, LPN; Jared Evans, SPD Tech; Sheryl Evans, Messenger. Middle Row (L-R): Becky Stidham, RN, SPD Unit Manager; Jeanne Schrock, LPN; Lindy Lantz, LPN; Sally Mullett, CRCST; Brittany Graham, SPD Tech; Laura Gramling, SPD Tech; Tara Henricks, Storeroom Clerk. Back Row (L-R): Cindy Wanless, FCHC Materials Management Director; Danielle Dailey, SPD Tech; Vicky Kohlruess, CST; Carol Wilhelm, CRCST; Brenda Nofziger and Helen Scherzer, Storeroom Receiving Clerks; Steve Ward, SPD Tech; Rachel Briskey, Purchasing Agent.



Carol Wilhelm, CRCST, loads surgical items in the Washer Disinfector.

we can in order to reduce our costs to patients.” At any given time the Health Center maintains over 5,000 inventory items, and over 350 surgical instrument trays. Supplies can vary from advanced laparoscopic surgical instruments to basic everyday patient care needs. Each of these products serves a very specific purpose in the overall care of the patient.

An example involves joint replacement surgeries. FCHC Orthopedic Surgeons perform up to eight joint replacements a week. In the case of a knee replacement, there are five to six implant components that are specifically sized to the patient. The Materials Management Department has approximately 300 joint implants on hand in Surgery to insure the correct fit for each patient. These multiple implants are continually replenished once they are used.

As Fulton County Health Center has expanded its facilities and services through the years, the Purchasing function has grown as well. “Whenever we add a new department or procedure, we need to order a whole new set of supplies that are unique to those departments or procedures,” says Wanless. “So we meet with the doctors involved and determine which new items must be ordered.”

As an example, when FCHC added its Heart and Vascular Center in 2008, the Materials Management Department

worked with FCHC Cardiologists to order catheters used for heart diagnostics.

When the Vascular services portion of the Heart and Vascular Center were expanded in 2009, the Materials Management Department consulted with its Vascular surgeons to order the many different stents needed by the surgeons. “The Heart and Vascular Center opening resulted in us purchasing and maintaining over 350 new

and different items unique to this area,” says Wanless. She says the same is true for new services such as bariatric lap banding for weight management, kyphoplasty for pain management, and new urological procedures. In each case new supplies had to be researched, purchased and maintained.

In addition to the 5,000 items kept on hand at the Health Center, the Materials Management Department is also responsible for researching the costs of major medical equipment. That means dealing with representatives from major medical equipment suppliers such as General Electric, Siemens and Phillips. “My job is to negotiate contracts with these companies and ultimately obtain the best price for the equipment being purchased,” says Wanless.

## Receiving

Five days a week, purchased items are delivered to the ground floor main receiving area of the Health Center. Typically three to five eight-foot tall pallets are delivered three days a



Storeroom Receiving Clerks (L-R) Tara Henricks, Helen Scherzer (background) and Brenda Nofziger unload a typical delivery of supplies.

week. It is here that all items are logged into the inventory system and staged for distribution. The process includes placing a bar code label on the delivered product to enable charging for the item when it is used on a patient. There are two main storage areas in the Health Center for inventoried items: a ground floor storage room near the receiving bay, and a second storage area located within the Surgery Department. Sub inventories are located throughout the Health Center and Fulton Manor near patient care areas. These inventories are checked and replenished with supplies daily by SPD technicians.

Managing the arrival and inventory of supplies is different in health care compared to manufacturers. “We aren’t able to use the ‘Just-In-Time’ system like manufacturers do because we’re dealing with people’s health and, in some cases, life-threatening situations,” says Wanless. “It’s imperative that we have the instruments and supplies on hand at a moment’s notice in case they are needed.” To aid in the management of supplies, FCHC uses a facility-wide system, called Meditech, to electronically track all items and monitor inventory levels. The Meditech system is designed to automatically re-order items that have been used in a given day so they can be quickly replenished.

## Sterile Processing

The bulk of the Materials Management Department staff works in the Sterile Processing Department where they are responsible for decontamination, cleaning and sterilizing all surgical instruments and assembling the instrument trays and packs used in surgery. Staff members responsible for cleaning the surgical instruments are certified through IAHCSMM (the International Association of Healthcare Central Service Materials Management). Certification provides education in: Anatomy & Physiology, Microbiology, Infection Control, Decontamination, Cleaning, Sterilization Principles, Instrumentation, Inspection of Instrumentation, Preparation and Packaging for

(Continued on page 4)

**On the cover:** Members of the FCHC Sterile Processing Department (SPD) inspect and assemble total knee replacement instrument trays prior to sterilization. (Clockwise, L-R): Laura Gramling, SPD Tech; Danielle Dailey, SPD Tech; Sally Mullett, CRCST, SPD Tech II; Sadie Buckwalter, LPN, Shift Supervisor; and Jared Evans, SPD Tech.





# The Unsung Heroes Part IV: Materials Management

*(Continued from page 3)*

Sterilization, Sterile Storage, and Distribution of supplies and Inventory Control. The staff is required to complete 12 continuing education credits yearly to maintain certification. “We are proud of the staff who accomplished the certification,” says Becky Stidham, RN, SPD Unit Manager. “They add another professional layer to the level of patient care we provide behind the scenes.”

The SPD Department uses two large autoclave units, both of which utilize high-pressure steam to sterilize instruments. “We average 35 packs and instrument sets per load,” says Wanless. “Instrument sets vary with the number of instruments inside them. They can range from one instrument up to our largest set of 92 instruments.” Two Sterrad machines that use hydrogen peroxide for sterilization are also used, along with Steris® units (located in Endoscopy and Surgery) that use peracetic acid. All items are sterilized based on the recommendations of the product’s manufacturer. These processes are designed to keep the chance of infection down to a minimum for patients, whether they are receiving advanced surgical care or basic outpatient treatment. The SPD department

*Annette Chamberlin (foreground) and Vickie Oberla (background) have worked in the Sterile Processing Department for over 30 years. Here they check a locker for supplies.*

has recently been recognized by the 3M Corporation for providing the highest standard of care in the industry.

## Cleaning, Disposing

The Materials Management Department uses a local vendor, who is certified by HLAC (Healthcare Laundry Accreditation Council), to clean its laundry. Over 290,000 pounds of linens were cleaned over the first seven months of 2011. The number includes 6,179 warm-up jackets, worn by staff members over their surgical scrubs, and 3,000 lab coats. Materials Management, along with the Environmental Services Department, is also responsible for properly disposing of infectious waste following strict protocols. Hospital waste is divided by that which is infectious and that which is not. A manifest is completed for infectious waste and travels with the waste until it is properly disposed. FCHC also

recycles cardboard, paper, tin cans, copier toner, etc., along with confidential trash handled by a company certified to do so.

## Mailroom

If you think you get a lot of mail, imagine the load that arrives from the U.S. Post Office each day at the Health Center. The mail includes items for Fulton Manor Long-term care, Fulton Suites and the Medical Office Building. A full-time Messenger in the Materials Management Department receives the mail, breaks it down by department, and then distributes it. The messenger also distributes all interoffice correspondence. A courier delivers mail and supplies to the outlying physician offices. Even with today’s emails and electronic record keeping, health care institutions continue to deal with a good deal of paperwork to follow government regulations.

## The Backbone of FCHC

It would be easy to take for granted the many duties of the Materials Management Department: the handling of major purchases, the purchase and inventory of 5,000 items, the sterilization of thousands of instruments, the distribution of linens, the disposal of waste, and the everyday distribution of mail. But the administration at Fulton County Health Center understands the department’s importance. “In many ways we look at our Materials Management Department as the backbone of our operations,” says E. Dean Beck, FCHC Administrator. “Without them, our doctors, nurses and other health care providers couldn’t do their jobs.”

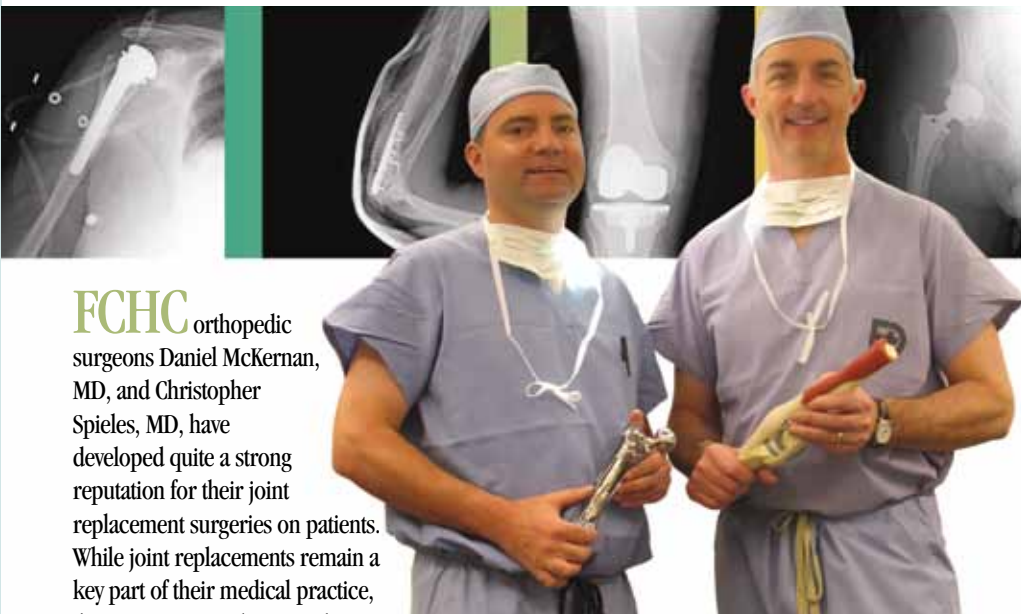
Materials Management. It’s just another one of the many Unsung Heroes of the Fulton County Health Center.

## Materials Management: A Snapshot

FCHC Materials Management is responsible for:

- Purchasing over 5,000 instruments and major medical units
- Receiving and inventorying the items
- Sterilization of instruments
- Distribution of linens
- Disposal of infectious and non-infectious waste
- Recycling cardboard and paper products
- Handling all incoming and outgoing mail and interoffice correspondence
- Restocking supplies throughout the hospital and nursing home

# Orthopedics: More Than Joint Replacement



**FCHC** orthopedic surgeons Daniel McKernan, MD, and Christopher Spieles, MD, have developed quite a strong reputation for their joint replacement surgeries on patients. While joint replacements remain a key part of their medical practice, the two surgeons also provide a broad spectrum of orthopedic care to area patients.

“Bone fractures are a significant portion of our practice,” says Dr. McKernan. The two doctors are seeing fracture patients of all ages from Defiance, Napoleon, Archbold, Fayette, Evergreen, Delta, as well as Wauseon. “I just finished seeing a 9-month-old baby with a fracture, and not long ago I repaired a fractured hip on a 90-year-old,” says Dr. McKernan. Both doctors treat fractures by either casting or splinting the broken bone or performing surgery to insert pins, rods, plates and screws. “Surgeries for fractures are performed more often than in the past because in many cases the surgery can provide better results and allow a patient to recover function faster,” says Dr. McKernan. “But if it’s possible to cast and get the same results, we’ll choose that option first.”

In addition to dealing with fractures, the two physicians spend a good deal of time repairing ligaments and tendons that are often the result of a sports injury. Their work includes the arthroscopic repair or reconstruction of anterior cruciate ligaments (ACLs), posterior cruciate ligaments (PCLs) and meniscal tears in the knee. “We see the highest number of ACL tears in girls who play basketball,” says Dr. McKernan, who holds a Fellowship in Sports Medicine. “Girls today are faster, they jump higher, and there’s more contact than ever before, and that leads to the ACL tears in sports like basketball and soccer.” The two orthopedic surgeons say steps can be taken to reduce the likelihood of an ACL tear through stretching and exercise, but the coach,



*Orthopedic Surgeon Daniel McKernan, MD, checks a patient's range of motion.*

athletic trainer and athlete must be committed to the program in order for it to be effective.

They also perform shoulder reconstruction surgeries – either arthroscopically or by using traditional surgical methods – as well as ankle ligament reconstruction and the repair of fractures. Dr. Spieles has a great deal of experience in the reconstruction of injured hands and has helped numerous patients with hand problems over the years.

Fulton County Health Center has done its part to assist the two doctors in the growing number of orthopedic patients being seen at the Health Center. A few years ago FCHC expanded its Same Day Surgery Department, in some part because of the increasing amount of orthopedic work being performed by Drs. McKernan and Spieles. FCHC Surgeons are supported by a highly qualified and caring operating room staff. In addition, FCHC’s Radiology Department and its MRI unit have been quite beneficial to the two



*Kelly Boulton, RN, checks on a patient in Same Day Surgery who recently had an arthroscopic knee procedure.*

orthopedic surgeons, providing precise digital images to help guide them in surgery.

Dr. McKernan and Dr. Spieles are quite appreciative of the many patients they have been able to assist, so they have decided to show their appreciation and give back to their community by financially sponsoring a computer-based screening tool to evaluate concussions in area high school athletes.

The testing tool is called ImPACT™, short for Immediate Post-Concussion Assessment and Cognitive Testing. ImPACT is a 20-minute test that is taken online ([www.impacttest.com](http://www.impacttest.com)) by an athlete, first to establish a baseline measurement and then again after a concussion has occurred. It measures such things as attention span, memory, reaction time, and problem solving. “Concussions are getting a lot of media attention these days, and deservedly so,” says Dr. Spieles. “They are occurring in all sports and affect both boys and girls. The ImPACT test is one of the measuring sticks that can be used by trainers and coaches to determine when an athlete can return to practice and competition. The goal is to prevent repeat concussions, which can have a cumulative negative effect on the brain.” While the two orthopedic surgeons do not treat concussions, they do see a lot of young athletes for other sports injuries. “We understand that a lot of schools are strapped for money,” says Dr. Spieles. “So we figured we could do our part and help area schools and athletes with this important tool to help manage concussions at the high school and junior high level.”

The two doctors feel fortunate that many of their patients come to them through referrals from other patients. They also receive referrals from other area hospital Emergency Departments. Dr. McKernan has been associated with Fulton County Health Center for 16 years, while Dr. Spieles has cared for patients at the Health Center for 11 years. Drs. McKernan and Spieles do not require a physician’s referral prior to seeing them. They can be reached at their medical practice, West Ohio Orthopedics, on the FCHC campus, at 419-335-2663.

# Message *from the* Administrator

About a year ago we ran a story in Health Centering about the “Unsung Heroes” in our Maintenance Department. The story was quite popular with our readers, so we continued the “Unsung Heroes” story line by featuring other departments in subsequent issues of Health Centering. The Maintenance Department article was interesting because it helped illuminate the many responsibilities of our Maintenance crew. In this issue, we are featuring another group of “Unsung Heroes” – Materials Management -- who also have a broad range of duties and responsibilities. Did you know that they not only purchase all the supplies of our facilities, but they also decontaminate, clean and sterilize all surgical instruments after use? Plus they handle all of the mail that flows through our facilities. I think you will appreciate what they do after you have read the article.



We have been a little creative here lately and have introduced some programs to help staff members as well as patients and visitors. Take time to read about our H.U.S.H. campaign designed to reduce noise levels around patient rooms. Plus, enjoy the story of our hand-washing flash mob music video that educates about the importance of infection control through hand washing.

Finally, our orthopedic program has grown significantly through the years and is 5-star rated for joint replacement procedures. While joint replacement surgeries have grown through the years here at FCHC, our surgeons spend a fair amount of time dealing with a broad range of orthopedic care, including fractures and repairs to ligaments and tendons. You can learn more about the wide range of care they provide in this newsletter.

Enjoy the coming fall months . . . it's sure to be quite beautiful with the colorful leaves!

Sincerely,

*E Dean Beck*

E. Dean Beck,  
FCHC Administrator

## “Biggest Loser” Coming to FCHC!

**Helen Phillips**, the winner of the NBC hit TV show “The Biggest Loser” Season 7 (May 2009) will be the keynote speaker at FCHC on Saturday, Oct. 8th. Phillips is being sponsored by the FCHC Corporate and Community Health Promotion Department, which has assembled a list of speakers for a local half-day weight management seminar. Phillips will speak at Noon in the FCHC Beck Meeting Room. The cost to attend is \$10.00/person and includes a continental breakfast and lunch. Registration is limited to the first 100 and may be done by phone (419-330-2735) with credit card, or by mail (mail to Sharon Morr, FCHC Corporate & Community Health Promotion Department, 725 South Shoop Avenue, Wauseon, OH 43567). Pre-registration begins September 14 at 9:00 a.m.

At the time of The Biggest Loser Season 7 competition, Phillips was 48-years-old and lost nearly 55% of her body weight, dropping from a size 22 to a size 2. Her weight loss during the show broke records on the previous six seasons of The Biggest Loser for age (she was the oldest winner) and for the highest percentage of weight loss. Phillips has astounded viewers in over 30 countries with her determination, drive and capability of making the change. She believes it's never too late to change, and that age has no boundaries. “You can change your life even in the middle of it,” says Phillips.

Here is a breakdown of the half-day Biggest Loser Program sponsored by the FCHC Corporate & Community Health Promotion Department:

8:30 a.m. - 9:00 a.m. ....	Registration & Continental Breakfast Welcome – Sharon Morr, FCHC Director of Corporate & Community Health Promotion
9:00 a.m. - 9:45 a.m.	Surgical Weight Loss Options – FCHC General Surgeon Jose Parodi, MD
9:45 a.m. - 10:30 a.m.	Fitness 101: Exercise is the Magic Pill – Jamin Torres, BA, ACE Certified Personal Trainer, FCHC Fitness Coordinator
10:30 a.m. - 10:45 a.m. ....	Break
10:45 a.m. - 11:30 a.m.	Choose Your Plate Wisely – FCHC Registered Dietitians Jill Crossgrove-Murillo, RD, LD & Tonya Gomez, RD, LD
11:30 a.m. - Noon .....	Lunch
Noon - 12:45 p.m. ....	Keynote Speaker – Helen Phillips, Winner of Season 7 of NBC TV's The Biggest Loser





## Flash Mob Promotes Good Hygiene

**H**ow do you emphasize the importance of hand washing in fighting the spread of germs? You do it by being creative and filming several flash mob scenes. That's exactly what nearly 200 FCHC employees and physicians did this past summer.

"We wanted to try something unique to reach our employees and the general public about the importance of hand washing for infection prevention," says Barb Crow, FCHC Infection Control and Employee Health Manager. "We thought creating the video would be something memorable for those that participate, as well as for those watching it."

The process began with a meeting between Crow and the administrative staff. The next step was to place a "Want Ad" in the FCHC internal newsletter, seeking employees to be a part of the organizing committee and asking employees to volunteer their talents. That was followed by a series of organizational meetings to explain the purpose of the video, gather ideas and finalize plans.

Staff members were asked to submit suggestions for popular songs and to create "new" lyrics that focused on hand hygiene and infection prevention. The committee selected three songs for the project, which were recorded and videotaped at the Health Center. The video features staff members dancing and singing on camera to promote hand washing.

"I am extremely proud that all the departments of the Health Center and Fulton Manor, including some of our physicians and volunteers, were so willing to participate in the video," says Crow. "It stands to show that the entire facility believes in the importance of hand washing."

The video was premiered for employees at the Health Center on August 2. "It was certainly a morale booster for everyone involved," says Crow. "The support given by the departments shows that we all care about doing the right thing when it comes to patient care and safety." The music video can be seen on YouTube by typing in the search bar "Fulton County Health Center Flash Mob" and on our Facebook page (Fulton County Health Center) as well as the FCHC web site ([www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org)).

# HUSH!

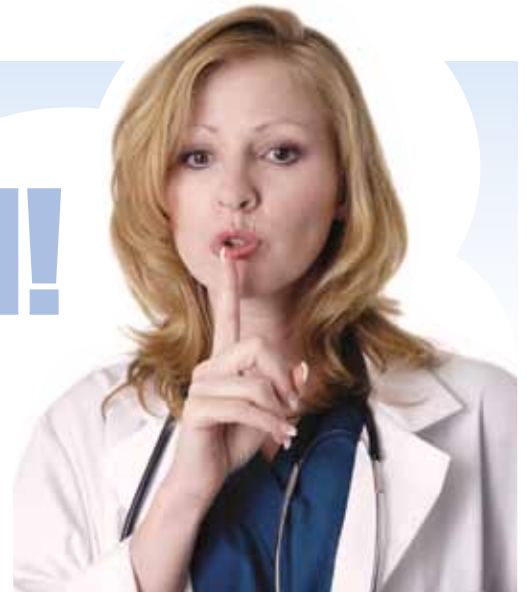
**T**here's a "quiet" movement taking place within the patient rooms and hallways of Fulton County Health Center. It began in mid-June when the Patient Experience Team rolled out its HUSH campaign — short for "Help Us Support Healing." The multi-faceted hospital-wide program is designed to make the Health Center a quieter place, especially around patient rooms between the hours of midnight and 5:00 a.m.

"Studies have shown that a quieter environment is more conducive to healing, so our focus is to make that happen," says Nancy Roynon, RN, BSN, FCHC Performance Improvement Manager. "By working together, we can provide a better healing environment for all of our patients."

The program began with an internal education campaign targeting all departments in the Health Center as well as Fulton Manor Nursing and Rehabilitation.

"The first thing we did was to explain to staff members why it was important to be as quiet as possible in order to benefit the patient," says Roynon. "Then we discussed ways to reduce noise and asked departments to begin working together to make it happen."

Posters were developed by Steve McCoy, FCHC Director of Marketing and Planning, using photos taken by the Fulton Stress Unit's Kurt Stuckey, LSW. They are prominently displayed in patient rooms, hallways and at all nursing stations. The educational component involves reminding



staff members, families and visitors of the importance of reducing their own individual noise levels.

But the campaign has gone much further than a poster campaign. For example, the wheels on hospital carts were replaced to eliminate rattling when moving down the hall. Pickup times on patient floors for linen have been changed to allow patients to rest longer. Overhead paging has been reduced as much as possible. Departments have also worked

together to re-organize their work schedules so patient care is coordinated to allow more time for rest. "For example," says Roynon, "if the lab tech comes in to draw blood from a patient, the nurse will immediately follow up to check vital signs. That way the patient receives care in one short block of time rather than over multiple times."

Patients are also offered ear plugs and white noise machines for their rooms that produce a peaceful sound. Hall lights are turned off well before midnight, and staff members are encouraged to close patient doors when they go into the room to check on the patient.

"We know our HUSH campaign is working based on feedback from patients over the past few months," says Roynon. "We'll keep working hard to reduce noise so we can see even better patient satisfaction results."





# Health & Fitness Classes

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

## Lifestyle & Heart Health

### ***Lifestyle Management Training***

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

### ***Lifestyle Management Class***

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

### ***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. 13 & Nov. 15, 9:30 - 11:00 a.m., \$5 suggested donation. FCHC 1st Floor Cardiac Rehab Classroom.

### ***Pets Profoundly Profiting People***

Join Andrew Lesniewicz, PCC Professional Clinical Counselor at the Fulton Stress Unit, for a presentation on the benefits of pet ownership and volunteering with pets. Wednesday, Sept. 21, 7:00-8:00 p.m., Free, FCHC Beck Meeting Room. The Fulton County Humane Society will have animals and information on how to get involved. To register, call Dorothy at 419-330-2735.

### ***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. 27 & Dec. 6, 9:30 - 11:00 a.m., \$5 suggested donation, 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! Thursday, Oct. 27, 6:30-8:00 p.m., \$5, FCHC Surgery Conference Room. Please call 419-330-2735 to pre-register.

### ***Get Fit Kids***

Class will include hands on food demonstration, kid friendly activity, and fun nutrition information. Taught by registered dietitians and geared toward children ages 7-12. Saturday, Nov. 5, 9:00-10:30 a.m., \$10, FCHC Beck Meeting Room. Please call 419-330-2735 to pre-register.

## Safety

### ***Cardiopulmonary Resuscitation***

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 a.m., class begins promptly at 8:00 a.m., Saturday, Sept. 17 or Nov. 12, 8:00 a.m. - 2:00 p.m., \$50, FCHC Ground Floor Meeting Room.

### ***Babysitting Classes***

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

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

**Saturday, Oct. 1,** 9:00 a.m.-3:00 p.m., \$20, Montpelier Library. Call 419-485-3287 to register.

### ***American Heart Association Heart Saver CPR & First Aid***

Learn how to handle emergencies through this American Heart Association class. Participants will be certified in adult, child and infant CPR and obstructed airways. Class taught by RN. Saturday, Oct. 15, 8:00 a.m. - 4:00 p.m., \$60, FCHC Ground Floor Meeting Room.

## Weight, Smoking

### ***Metabolic & Bariatric Surgery Programs***

Beginning in September, FCHC General Surgeon Jose Parodi, MD, will discuss the problems with GERD (Gastroesophageal Reflux Disease) as well as Obesity and Related Co-Morbidities such as Diabetes and their response to Metabolic and Bariatric Surgery in Diabetes Mellitus. Dr. Parodi will also discuss indications for Lap Band or Bypass Surgery, statistical analysis, and patient satisfaction following Metabolic and Bariatric Surgery. Free classes will be held the third Tuesday of every month: Sept. 20, Oct. 18 and Nov. 15. There will not be a presentation in December. GERD will be presented at 5:00 p.m. and the Bariatrics program will be held at 6:00 p.m. Classes will be held in the Beck Meeting Room on the FCHC campus. Registration is required and can be accomplished by calling 419-337-7378.



Bariatric Support Groups are held on the first Monday evening of each month, with the exception of July and December, at 7:00 p.m. in the Beck Meeting Room. If you are interested in joining, please call the Bariatric Coordinator at 419-337-7378 for information.

### ***NEW! Weight Management Workshop***

This class is offered by registered dietitians and will consist of a cooking demonstration with food samples, some light activity and exercise tips, and healthy eating ideas. Thursday, Oct. 20, 5:30-7:30 p.m., \$20, FCHC Beck Meeting Room. Please pre-register by calling 419-330-2735.

### ***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, Sept. 12 & Dec. 5**

Weight Loss: 5:30-6:45 p.m.

Stop Smoking: 7:00-8:15 p.m.

### **Saturday, Sept. 24 & Oct. 22**

Weight Loss: 1:00-2:30 p.m.

Stop Smoking: 2:30-4:00 p.m.



# Health & Fitness Classes

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



## Obstetrics: Partners in Pregnancy Programs

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

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

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

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

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

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

**Sibling Class** - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

## Grief Support - H.O.P.E.

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

## Diabetes Education & Support

### A1C Champions Program: *Taking Control.*

For those striving to control their diabetes, as well as their family and friends. Join us to learn how you can live a healthier life, from a person with diabetes who has 'walked in your shoes'. This special guest A1C Champion will share her personal experiences with diabetes and how she has managed it successfully. Tues., Oct. 25, 7:00-8:00 p.m. FCHC Meeting Room. Must pre-register at 419-330-2772.

**Survival Skills.** Come and learn, whether you are newly diagnosed with diabetes or just need to brush up on the latest in meals, movement, medications, monitoring, and more! Heartland of Wauseon, 303 W. Leggett St., Wauseon. Taught by FCHC Certified Diabetes Educator. Tues., Nov. 8, 3:30-4:30 p.m. Free and open to the public. Must pre-register at 419-330-2772.

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

Monthly class in self-help for the person with diabetes: 2nd Thurs. of every month, 7:00-9:00 p.m.: \$5 suggested donation. FCHC Meeting Room. No registration necessary.

**October: Diabetes Underground with Dr. Eric Lehman.** How the complications of diabetes are prevented and treated. Thurs., Oct. 13, 7:00-9:00 p.m.

**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! Thurs., Nov. 10, 7:00-9:00 p.m.

**December: Exercise Prescriptions for Diabetes Management.** Back by popular demand! Dalynn Badenhop, Ph.D, exercise physiologist and head of Cardiac Rehab at UT-MC. Thurs., Dec. 8, 7:00-9:00 p.m.

**Diabetes Support Groups** - Every Wednesday of 2011, 9:30-10:30 a.m., every Thursday from 3:00-4:00 p.m., and the second Thursday of every month from 5:00-6:00 p.m. Diabetes Education Office, 3rd Floor, FCHC. Free. Learn from the educators AND from others traveling the diabetes journey. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

## Road to Wellness Conference Coming in October

Get on the Road to Wellness at the 3rd Annual Health Care Conference for Mature Adults and Caregivers, Tues., Oct. 4, 9:30 a.m. - 2:30 p.m. at the St. Caspar Church Parish Life Center, Wauseon. Sponsored by the Fulton County Aging Consortium. Free blood glucose and blood pressure screenings. Flu shots offered at \$20/person for those under age 65; Medicare will cover the cost for those over 65. Free lunch for those who pre-register. There will be morning presentations on AARP Driver Safety, Medicare Advantage Plans, and "Refuse to be a Victim." In the afternoon attendees will be able to "Ask the Experts" - a panel of FCHC staff members who will answer your questions about Administration, Performance Improvement, Financial Counseling, Patient Accounts, and Case Management. Pick up a registration form at the Fulton County Health Department, Fulton County Senior Centers, Community Health Professionals in Archbold, and Heartland of Wauseon.

## Vascular Screenings

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 the Vascular Screenings



offered by FCHC Vascular Surgeon Munier Nazzal, MD. The Vascular Ultrasound Screening will consist of: Venous and Peripheral Arterial Disease (PAD), Carotid Artery Disease, Abdominal Aortic Aneurysm, and Lower Extremity Limb Attack. The cost of the screening is \$50 and will be held at the FCHC Professional Office Building, Suite 203 on Tuesdays beginning in October. Appointments for this screening must be made by calling 419-383-6011.



# Health & Fitness Classes

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few special classes such as Ballroom Dance, Belly Dance, Aikido, & Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Sept. 26 – Dec. 3; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67.

## Health & Fitness Class Descriptions

### **Aikido - Beginner**

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

### **Aquatic Aerobics**

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

### **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!

### **AthleKinetix™**

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

### **Ballroom Dance**

Dancing is easy, fun, beautiful, elegant, modern, and stylish! The Wauseon class will include Salsa and Cha Cha Cha. The Swanton class will include Slow Dancing and Salsa. These classes will elevate the heart rate and challenge the body!

### **Belly Dance**

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

### **Cardio Core**

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

### **Cardio Dance**

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

### **Golden Retrievers**

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

### **Kids Tumbling For Fun – Beginner**

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

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

(excludes specially priced classes)

Wauseon Classes	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
AthleKinetix™	M, W, F	6:00 AM	FCHC Rehab Center
Cardio Core	T & TH	5:30 PM	FCHC Rehab Center
Turbo Kick®	W	6:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	M	8:00 PM	FCHC Rehab Center
Total Body Tone	M	6:45 PM	FCHC Rehab Center
Aikido – Beginner (Starts Oct. 3, 9 classes - \$54)	M	5:30 PM	Fulton County Senior Center
Ballroom Dance (\$60 per person)	TH	7:00 PM	FCHC Rehab Center
SilverSneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Golden Retrievers	M & W	9:00 AM	Fulton County Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network.			

Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	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	6:30 PM	FCHC Rehab Center
SilverSneakers® SilverSplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders)			

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. 1 – Nov. 19			

Bryan Class	Day(s)	Time	Location
Cardio Dance (No class Nov. 2 & 23)	M & W	5:15 PM	Washington School Gym

Evergreen School District Classes	Day(s)	Time	Location
Cardio Dance (No class Sept. 26)	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Cardio Dance (Begins Sept. 28)	W	7:00 PM	Evergreen Elem. School Gym

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

Pioneer Classes	Day(s)	Time	Location
Cardio Dance (Begins Oct. 6)	TH	5:45 PM	Church of the Nazarene
Total Body Tone	M & W	5:30 PM	Church of the Nazarene

Swanton Classes	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
Ballroom Dance (\$60 per person)	T	7:15 PM	Crestwood Elementary



# Health & Fitness Classes

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

(excludes specially priced classes)

Stryker Class	Day(s)	Time	Location
Golden Retrievers (Donations appreciated. Sponsored by Stryker Public Library.)	T	10:30 AM	Stryker Public Library
West Unity Class	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church
Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Aerobics	M & W	9:00 AM	Fairlawn Retirement Community
Aquatic Aerobics	T & TH	5:45 PM	Fairlawn Retirement Community
Arthritis Aquatics	W & F	10:15 AM	Fairlawn Retirement Community
Arthritis Aquatics	M & W	4:45 PM	Fairlawn Retirement Community
Aquatic Noodle Workout	M & W	5:45 PM	Fairlawn Retirement Community
Aquatic Noodle Workout	F	9:00 AM	Fairlawn Retirement Community
Archbold Classes	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Turbo Kick®	T & TH	5:30 PM	Park Pavilion
Cardio Core	T & TH	5:30 AM	Park Pavilion
Cardio Core	M	5:30 PM	Park Pavilion
Cardio Core	W	5:00 PM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 15 or more - \$50			
Kids Tumbling for Fun – Beginner (4-7 yrs.)	SAT	9:00 AM (45 min.)	Elem. School Cafeteria
Kids Tumbling for Fun – Intermediate (4-7 yrs.)	SAT	9:45 AM (45 min.)	Elem. School Cafeteria
8 weeks – 1x/week - \$32 (Class begins Oct. 1)			
Golden Retrievers Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.	M & W	9:15 AM	Fairlawn Retirement Community

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

Wauseon Classes	Day(s)	Time	Location
Yoga – Intermediate (Mat Required)	SAT	9:00 AM	FCHC Rehab Center
Yoga – Gentle (Mat Required)	SAT	10:30 AM	FCHC Rehab Center
10 classes - \$47, 20 classes - \$74			
Pioneer Classes	Day(s)	Time	Location
Yoga (Mat Required)	T & TH	7:00 PM	Church of the Nazarene
10 classes - \$47, 20 classes - \$74			
Swanton Class	Day(s)	Time	Location
Yoga (Mat Required)	T	7:15 PM	Swanton Public Library
10 classes - \$47, 20 classes - \$74			
Archbold Classes	Day(s)	Time	Location
Yoga – Gentle (Mat required)	M	6:30 PM	Park Pavilion
Yoga – Intermediate (Mat required)	M	7:30 PM	Park Pavilion
10 classes - \$40			

## Health & Fitness Class Descriptions

### Parent & Child Water Wonders

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

### Parent & Child Water Wonders - Advanced

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

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

### SilverSneakers® SilverSplash

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

### Total Body Tone

Individuals will go through a 60-minute workout that will include a warm-up, stretching, a resistance training session, and a cool down.

### Turbo Kick®

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

### Yoga

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

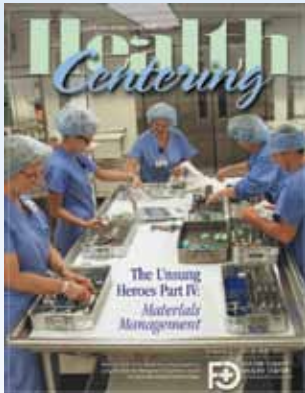
### Yoga - Gentle

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

### Yoga - Intermediate

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

## In This Issue:



### **The Unsung Heroes Part IV: Materials Management**

Orthopedics: More Than Joint Replacement  
Message from the Administrator  
"Biggest Loser" Coming to FCHC  
Flash Mob Promotes Good Hygiene  
HUSH! - Campaign to Reduce Noise  
Health & Fitness Classes  
FCHC News & Notes

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.

## FCHC News & Notes

### *New Nurse Practitioner Joins FCHC Staff*

Laurie Meyer, RN, MSN, RNFA, CNOR has joined West Ohio Family Physicians in Wauseon as a Nurse Practitioner. As a nurse practitioner, Meyer is able to diagnose, treat and help patients manage acute and chronic illnesses. She performs physical exams and interprets a patient's medical history, along with ordering diagnostic tests and procedures. Meyer also teaches patients about preventive measures to avoid illness. Meyer holds a Master of Science degree in Nursing, Family Nurse Practitioner from the University of Toledo. She received her Bachelor of Science Nursing degree from Bowling Green State University and her Associate degree in Nursing from Mercy College of Northwest Ohio. "I was a nurse for 13 years before I decided to go back to school. I love learning new things and being challenged so I researched several options before making the decision to become a Nurse Practitioner," says Meyer. West Ohio Family Physicians is located in the West Ohio Building on the southwest corner of the FCHC campus. Meyer currently resides in Napoleon, where she grew up.



### *FCHC On Facebook*



Keep track of FCHC happenings on  
Facebook! Type **Fulton County Health  
Center** in the search bar to find us!

### *Auxiliary Events*

Upcoming fundraisers; dates and times to be  
announced:

- September: Mum sale by VolunTeens
- October 20-21: Masquerade \$5 Jewelry Sale
- November 16-18: Books on the Go
- November: Poinsettia sales (*delivery December 1*)

### *Auxiliary Golf Outing Report*

The June FCHC Golf Outing, sponsored by our  
Auxiliary, made \$28,383.54, which was almost \$500  
more than last year's event. Proceeds are earmarked  
for 12 wall mounted TVs for Surgery patients and  
remodeling of the nurse's station and storage area  
in CCU.

### *Auxiliary Scholarship News*

Congratulations to these VolunTeens who are the  
recipients of the 2011 FCHC Auxiliary scholarships:

- Riley Tedrow, Wauseon graduate, will be attending  
Case Western Reserve University majoring in biology  
with a minor in herpetology (the study of reptiles).
- Oliva Hussey, Archbold graduate will be attending  
Cleveland State University majoring in nursing and  
hoping to be a Physician's Assistant.

We received memorial contributions for Barbara  
Brehm totaling \$1,040.00. Barbara was a Volunteer at  
FCHC for many years and died May 30, 2011.  
These memorials were added to the Scholarship Fund  
and will purchase two Scholarships. A special "Thank  
You" to the Brehm family for remembering us.