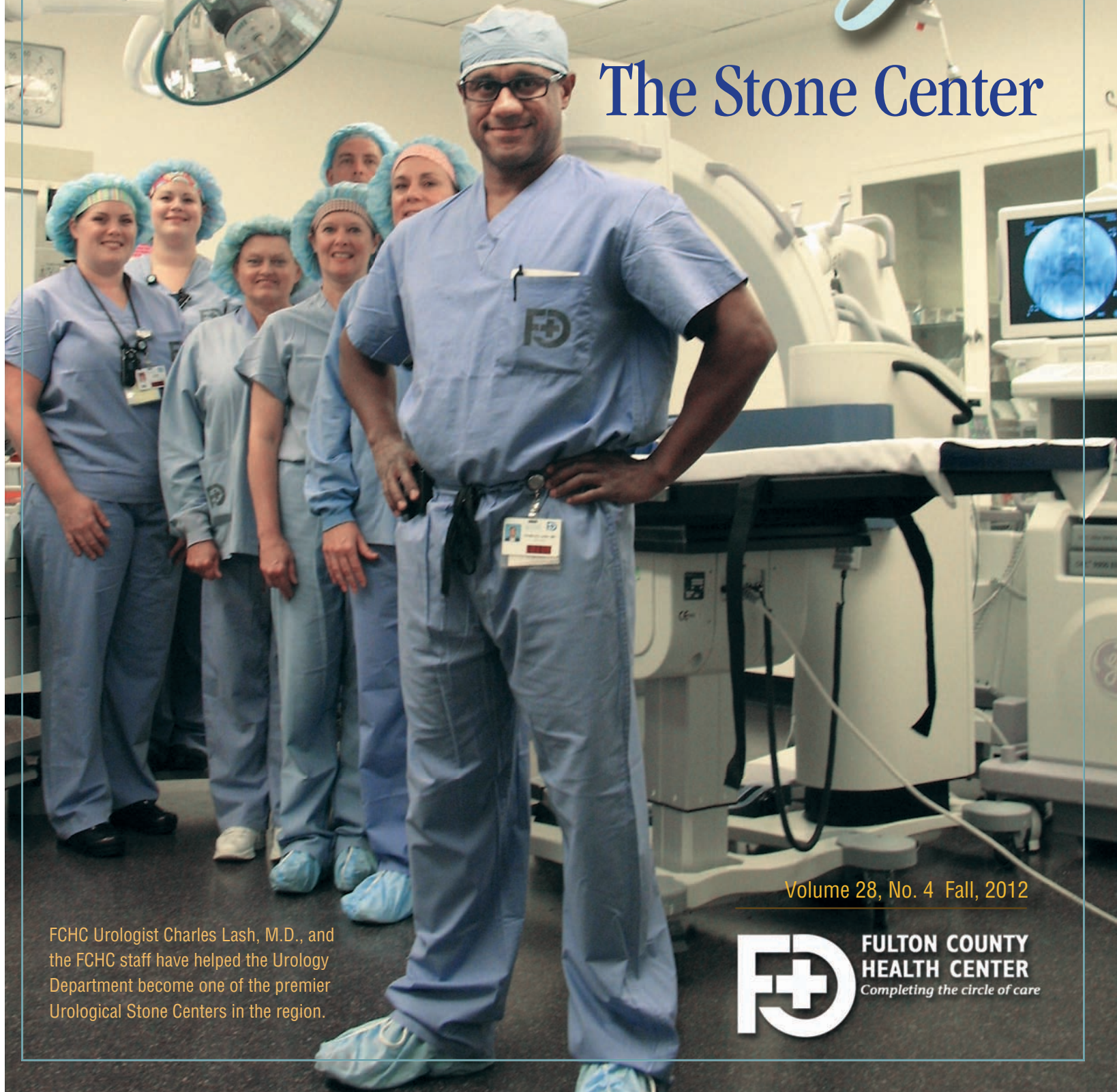


A publication of Fulton County Health Center

Health *Centering*

The Stone Center



Volume 28, No. 4 Fall, 2012

FCHC Urologist Charles Lash, M.D., and the FCHC staff have helped the Urology Department become one of the premier Urological Stone Centers in the region.



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

If you or a loved one has ever had to deal with a Urological stone, you know the pain and discomfort it can cause. "Northwest Ohio is a hot spot for stone disease," says FCHC Urologist Charles Lash, M.D., who has treated patients with many different types of Urological stones for the past 20 years. "There are no definitive studies to show why it is so common here, but many experts believe it has something to do with the high mineral content of our water, since stones are formed from crystals and minerals." Dr. Lash was recruited by FCHC from the Chicago area to help build FCHC's capabilities in treating kidney and related stones, and he has been at the Health Center for nearly five years.

"When I first came to Fulton County Health Center, I strongly suggested they purchase a full-time lithotripsy unit, which they did," says Dr. Lash. "Since then we've greatly expanded our capabilities in treating stones." Dr. Lash says FCHC has also proven its commitment to excellence in care by continually updating and improving their stone management equipment — from endoscopic equipment, to devices to break and grasp stones, to video equipment that visualizes stones almost as if you were standing next to them.

Fortunately for patients with Urological stones, Fulton County Health Center has quickly established itself as one of the premier "stone centers" in the region. Led by Dr. Lash, FCHC now offers four key types of treatment for Urological stones. "I've treated over 1,000 patients in the few years I've been at the Health Center," says Dr. Lash. "Thanks to the investment the Health Center has made in Urological technology, there hasn't been a stone I couldn't handle."

Some Basic Facts

Dr. Lash says symptoms of stones vary. Some patients have pain, or visible blood in their urine. Some have recurrent urinary tract infections. He says that stones are slightly more common in men than women, and he has treated patients of all ages — so age is not necessarily a factor. But one



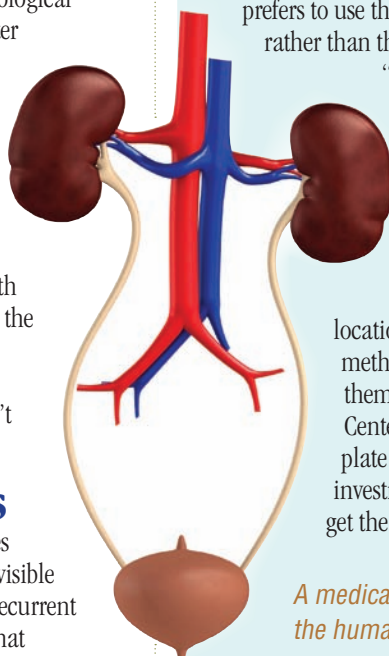
A kidney stone shows on an X-ray image.

the STONE CENTER

thing is common to all stones that are passed — it is an extremely painful experience. "For males, passing a stone is the closest they'll get to experiencing childbirth," says Dr. Lash. "And I've had some female patients who have passed stones and have given birth, and these women say the pain of passing a stone is worse than childbirth."

"No two stones are alike," adds Dr. Lash. "Some stones are very hard in composition while others are like putty, and their sizes vary greatly from as small as a mustard seed to well over an inch in diameter." Dr. Lash prefers to use the broader term "stone" rather than the more limiting phrase

"kidney stone" because the location of the stone varies from the kidney to the ureter and even in the bladder. "Because of these factors of composition, size and location, we need a variety of methods to treat and remove them. Fortunately, the Health Center has stepped up to the plate and made the necessary investments in technology to get the job done."



A medical illustration of the human urinary system.

The FCHC Urology suite uses state-of-the-art medical technology to diagnose and treat kidney stones.



Endoscopic Stone Manipulation

The most common type of stone treatment performed at Fulton County Health Center is Endoscopic Stone Manipulation (ESM), which is used to remove stones in the ureter and bladder. In this minimally invasive procedure performed under general anesthesia, the Urologist inserts a small scope through the body's natural opening in the groin. The Urologist looks through the scope to locate the stone. Once it is found, several methods are available to break up the stone including lasers, an ultrasonic lithotripter that uses sound waves to break up the stone, and a pneumatic lithotripter that acts as a miniature high-tech jackhammer. Once the stone is pulverized, the Urologist uses the scope to grasp the broken pieces and pull them out. "ESM allows us to remove stones as small as a peppercorn or as large as a goose egg, once they have been broken apart," says Dr. Lash.

Extracorporeal Shock Wave Lithotripsy

The second most common treatment method for Urological stones at FCHC is Extracorporeal Shock Wave Lithotripsy (ESWL), and it is probably the most well known method of treatment. ESWL uses high-energy shock waves

“Endoscopic Stone Manipulation allows us to remove stones as small as a peppercorn or as large as a goose egg, once they have been broken apart.”

— FCHC Urologist Charles Lash, M.D.

FCHC's state-of-the-art Extracorporeal Shock Wave Lithotripsy Unit replaces the old method of immersing a patient in a stainless steel tub.

to pulverize stones in the ureter and kidney into tiny pieces the size of a grain of sand. Once that occurs, the patient can pass the pulverized stone through their urine. Years ago shock wave treatment required the patient to sit in a tub of water so the shock waves could be passed through water into the affected area of the body. Today, FCHC uses a high-tech unit that allows the patient to lie on a soft cushion on a table that is part of the lithotripsy unit. An X-ray monitor is used by the Urologist to guide the shock waves from the cushion to the patient's affected area. The treatment lasts 30 to 60 minutes and is usually performed under general anesthesia, while the Urologist, anesthesiologist and several members of the nursing staff monitor the patient. “This is the treatment of choice for moderately sized stones in the kidney,” says

Dr. Lash consults with a patient in his office.

Dr. Lash. “It usually eliminates the need for surgery, and the recovery time is very quick because it is non-invasive.” Lithotripsy is usually performed on an outpatient basis. Most patients require only a one-time treatment, but in some cases it may need to be repeated.

Percutaneous Stone Manipulation

When a patient has a stone in their kidney that is greater than one inch in diameter, then the Urologist typically makes a small incision through the patient's back into the kidney. The method is called Percutaneous Stone Manipulation, and it is still considered a minimally invasive procedure, which is performed under a general anesthetic. In this method, the Urologist can use ultrasound to disintegrate the kidney stone or use Urological instruments to remove the stone through the incision. Once the stone is removed, small tubes are placed in the incision in the back for proper drainage. “The patient recovery time using this method is actually shorter than the other two methods,” explains Dr. Lash.

Medical Management

Some stones can be medically managed through behavior modification, diet and pharmaceutical drugs. “We refer to this as the medical management of stones,” says Dr. Lash. He describes behavior modification as increasing the fluid status in the body. “Dehydration weighs heavily in the formation of stones,” says Dr. Lash. “Drinking more clear liquids, especially water, will help to keep the system flushed out and free of sodium, calcium and uric acid which help form stones.”

A person can also reduce their chances of having a stone by their dietary habits. Citrate, a

natural substance in foods such as lemonade and lemons, is great at inhibiting the formation of stones. “Drinking lemonade or soft drinks that contain lemon, lime or orange are good for you if you are a stone former because of the citrate availability,” says Dr. Lash. On the other hand, he notes that foods high in oxalic acid increase the likelihood of stone formation. Unfortunately, chocolate, strawberries, tea, and coffee are all high in oxalic acid.

“Most stones are made of calcium, and high levels of sodium in the diet can affect the amount of calcium in the urine, so a low-sodium diet is also helpful in preventing the formation of stones,” explains Dr. Lash. Uric acid can also cause stones to form, and uric acid is a product of dietary protein metabolism. So patients who are prone to having recurring stones are encouraged to eat less foods with protein in them.

Some stones can be dissolved using prescription medications. “We'll also use medication to try to prevent the re-occurrence of stones in patients who are pre-disposed to having them,” says Dr. Lash. He describes a patient as being pre-disposed to stones as one who has had two or more. Patients with frequent urinary tract infections are also more likely to develop a stone. The length of time a patient is on medication for stones varies depending on the patient. “Medicine can change the way the body metabolizes sodium and calcium as well as the amount of acid in the urine,” says Dr. Lash. “Medicine can also inhibit the excretion of certain chemicals that cause stone formation.”

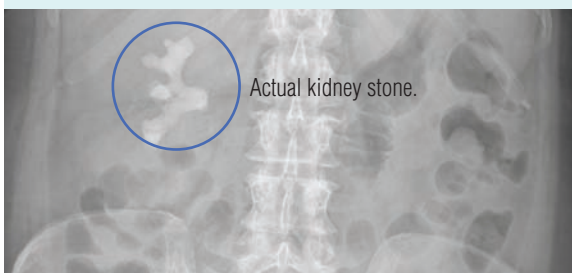
(Continued on page 4)

the STONE CENTER

(Continued from page 3)

Technology & Expert Care, Right Here

Dr. Lash and the Health Center are focused on providing the best possible care for individuals with stones, which includes taking steps to prevent them from occurring in the first place. "I've been treating patients with the most complex stones for more than 20 years, and I can tell you that all of the methods I've used to help patients are available here at Fulton County Health Center," says Dr. Lash. For more information about FCHC's stone center capabilities, contact Steve McCoy, Director of Marketing, at 419-330-2717.

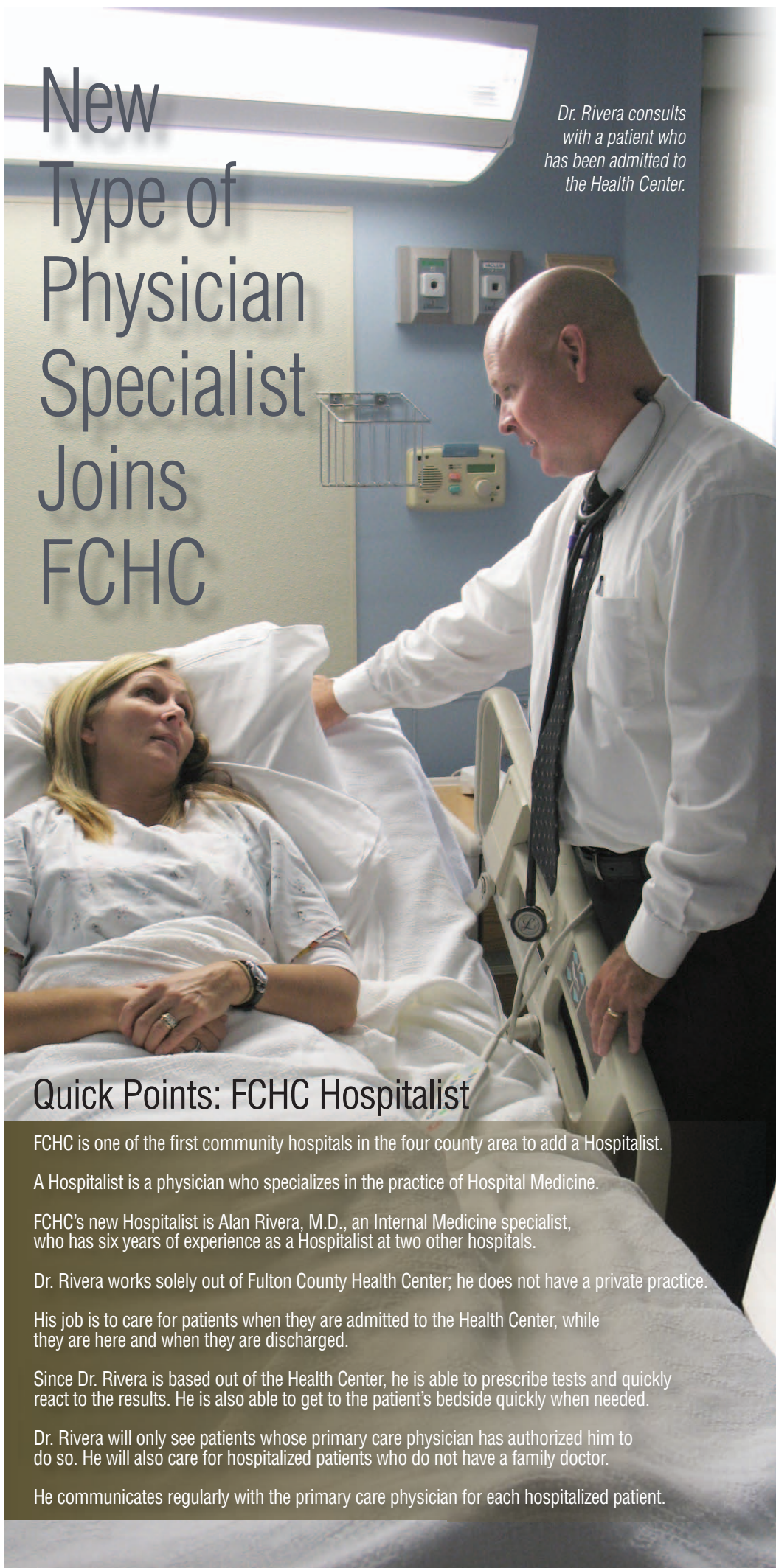


Tips to Prevent Stones

- 1 Hydration – drink plenty of clear liquids, especially water
- 2 Consume foods with citrate – such as lemonade or soft drinks with lemon, lime or orange
- 3 Avoid foods with oxalic acid – such as chocolate, strawberries, tea, and coffee
- 4 Decrease your sodium intake
- 5 Decrease your consumption of dietary protein
- 6 Exercise regularly
- 7 Stop smoking

New Type of Physician Specialist Joins FCHC

*Dr. Rivera consults
with a patient who
has been admitted to
the Health Center.*



Quick Points: FCHC Hospitalist

FCHC is one of the first community hospitals in the four county area to add a Hospitalist.

A Hospitalist is a physician who specializes in the practice of Hospital Medicine.

FCHC's new Hospitalist is Alan Rivera, M.D., an Internal Medicine specialist, who has six years of experience as a Hospitalist at two other hospitals.

Dr. Rivera works solely out of Fulton County Health Center; he does not have a private practice.

His job is to care for patients when they are admitted to the Health Center, while they are here and when they are discharged.

Since Dr. Rivera is based out of the Health Center, he is able to prescribe tests and quickly react to the results. He is also able to get to the patient's bedside quickly when needed.

Dr. Rivera will only see patients whose primary care physician has authorized him to do so. He will also care for hospitalized patients who do not have a family doctor.

He communicates regularly with the primary care physician for each hospitalized patient.

Fulton County Health Center has capitalized on a growing trend in hospitals with the addition of a Hospitalist to its Medical Staff. Alan Rivera, M.D., an Internal Medicine specialist, began serving as the FCHC Hospitalist on August 20.

Area residents may be familiar with Dr. Rivera who spent 4-1/2 years as a primary care physician in West Unity, Ohio. He is a native of West Unity and his wife, Janie, was born and raised in Bryan, Ohio. Together they have two daughters, Sydni (13) and Mackenzi (9). Dr. Rivera's father, Lenin Rivera, was a long-time OB/GYN physician in Montpelier, Ohio.

Dr. Rivera first became interested in the field of Hospital Medicine when a physician colleague introduced him to the concept. In 2006 he left West Unity to become a Hospitalist at a medical center in Georgia. In 2009, he moved his family to Hicksville, Ohio where he became the Hospitalist for the local community hospital. When the opportunity at Fulton County Health Center presented itself, Dr. Rivera jumped at the chance.

What is a Hospitalist?

A Hospitalist is a physician who specializes in the practice of Hospital Medicine. It was a term that was first used in 1996, and over time many large hospitals across the country have added Hospitalists to their staffs. FCHC is one of the first community hospitals in the four county area to add a Hospitalist.

"My office is Fulton County Health Center," says Dr. Rivera. "I don't have a family practice office that I need to get back to each day. My job is to be the point man in the care of patients when they enter the Health Center, while they are here, and when they are discharged." Dr. Rivera says he had a lot of hospital-based training to become an Internal Medicine specialist, and he very much enjoyed the hospital environment. "I did a lot of research on the field of Hospital Medicine and the Hospitalist's role in patient care before making the move to Georgia as a Hospitalist," says Dr. Rivera. Since he is not trained in Pediatric medicine, Dr. Rivera says he will only work with adult patients who are admitted to the Health Center.

Providing Undivided Attention

Dr. Rivera's hours at the Health Center vary depending upon the patient load and the status of patients. He is primarily in the Health Center during the day but is available 24/7. When a local family physician has given his/her approval to utilize Dr. Rivera, then he will see the patient as they arrive at the Health Center to review the patient's medical history, provide a physical exam, assess the health issues, and develop a treatment plan. Dr. Rivera is also responsible for any admitted patients who do not have a primary care physician.



Alan Rivera, M.D., FCHC's new Hospitalist, reviews a patient chart on the Meditech system with Terri Johnson, RN, BSN, Medical/Surgical Unit Manager (left) and Jena Franks, RN, BSN, Medical/Surgical Staff Nurse.

"The advantage that I can provide is that I am here and able to prescribe tests and react to them as quickly as the results come back," says Dr. Rivera. "I can concentrate on the patients here in the Health Center because I don't have to worry about patients waiting for me in my office. It's difficult and stressful for the primary care doctor to split time between their practice and the Health Center. I know; I did it for nearly five years."

A Benefit to Primary Care Physicians

Dan Hoffman, M.D., Medical Director of FCHC's Emergency Department who is Board Certified in Family and Emergency Medicine, sees two important aspects to having a Hospitalist on staff. "Primary care doctors across the country are really strapped for time," says Dr. Hoffman. "Many of them have stopped accepting new patients because they don't have the time to care for them. As a result, we're seeing more patients who show up in our Emergency Department because they can't get in to see a doctor. Now that we have a Hospitalist, Dr. Rivera can take care of those patients at least while they're in the hospital." In addition, Dr. Hoffman says having a Hospitalist on staff will ultimately free up time for the primary care doctor. "Primary care physicians function by seeing the vast majority of patients in their offices," says Dr. Hoffman. "When one of their patients is admitted to the hospital, it really puts a burden on them to see that patient in the hospital. A Hospitalist can step in and reduce that burden."

Communication is Key

Dr. Rivera makes it clear that he will only see patients in the Health Center whose primary care physician has authorized him to do so. He will also care for those patients who are admitted to the Health Center and do not have a family doctor. Dr. Rivera says he makes sure he communicates with the patient's primary care physician when the patient is admitted to the Health Center, their condition upon being admitted, the patient's treatment plan, and their progress. Once they are discharged, Dr. Rivera

provides the primary care physician with a discharge summary. After discharge, the patient returns to visiting their regular doctor for future health issues. "I'm not taking a patient away from their primary care physician," says Dr. Rivera. "I'm only taking care of that patient while they are in the Health Center."

What About Other Specialists?

Dr. Rivera says in his six years of experience as a Hospitalist, most physician specialists — such as Cardiologists, Gastrointestinal specialists, and Pulmonary physicians — prefer to use a Hospitalist to admit, monitor and discharge the patient. "These types of doctors want to act as sub-specialists who are called in to provide their expertise as needed while allowing the Hospitalist to manage the patient's medical issues," explains Dr. Rivera. He notes that Surgeons like to admit their patients to the hospital and ask the Hospitalist to consult with them on their patients' medical issues while in the hospital. "A lot depends on the individual physician and what they prefer," says Dr. Rivera. "I am flexible and will work with the doctors to make sure they are comfortable with my role."

Returning to His Roots

Dr. Rivera is glad to be back in Northwest Ohio. "I like the smaller communities and a hospital where patients are not a number," says Dr. Rivera. "I'm all about spending time and talking with the patient, and I can do that here." Dr. Rivera says he knows it will take time for patients and primary care doctors to get comfortable with his role at the Health Center. "In the six years I've worked as a Hospitalist before here, I did not have any problems with a patient or primary care doctor regarding my role. I made it quite clear that my goal is to provide the best possible care for the patient."

For more information about Dr. Rivera and the Hospitalist specialty, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717 or smccoy@fulhealth.org.

Through the years, Fulton County Health Center has worked hard to expand and improve its facilities, and the work continues. The Critical Care Unit (CCU) has been completely remodeled and reconfigured, and Fulton Manor is in the process of expanding two key areas as described here.

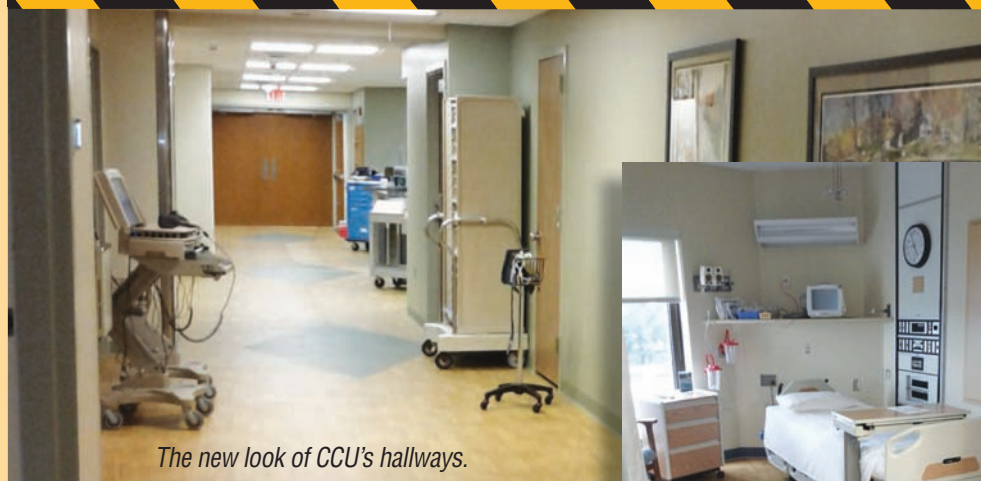
CCU Renovation

If you have ever spent time in the fourth floor CCU Unit, you wouldn't recognize it now. It has been completely remodeled and updated. The unit still has the same number of patient rooms — seven. Three of those rooms are for Acute Care patients, and those rooms have been made larger to allow for new bathrooms that have been added. Previously the rooms had only a sink for washing hands because Acute Care patients in the past were basically confined to their beds. Today, those patients are allowed limited movement, creating the need for bathrooms in the rooms. The other four rooms are considered Progressive Care Units, and those four rooms have new bathroom countertops. All seven of the rooms have new wood-grain vinyl flooring that is attractive and easy to keep clean. The seven rooms have freshly painted walls in a more contemporary color, and new furniture for the room is on order. The renovation also includes new security monitoring equipment and safety features to provide a safe, private environment for patients to heal.

The CCU Nurse's Station has been significantly expanded, and a new Medical Room for patient medications has been completely renovated. The Medical Room is also equipped with new security locks. A new Report Room and Conference Area has been added, a Storage Room for supplies has been built, and the Visitor Waiting Area has been upgraded with flooring, paint and new furniture. New attractive carpeting that will help to reduce noise levels has been installed in the Visitor Waiting Area, Nurse's Station and in the Report Room.

"The renovation has improved everyone's outlook, from patients to staff members," says Lisa Cheney, RN, BSN, Unit Manager for the FCHC Critical Care/Heart & Vascular Center. "We've gone from having a CCU Unit that had the look of the 1970's to something quite contemporary and attractive," adds Molly Stuckey, RN, CCU Unit Coordinator. The CCU Unit cares for critically ill patients with more serious conditions such as respiratory distress and cardiac disturbances as well as post-surgical patients. For more information about the CCU Unit renovation, contact Unit Manager Lisa Cheney at 419-337-7317 or lcheney@fulhealth.org.

Improvements to Our Facilities



The new look of CCU's hallways.

Fulton Manor Undergoes Expansion



The CCU rooms have been completely renovated and updated.



A construction addition to Fulton Manor is underway and will double the size of the facility's Activities and Dining Rooms.

Fulton Manor, FCHC's skilled nursing facility located next to the Health Center, is undergoing a significant expansion to its Activities and Dining Rooms. The construction is occurring on the back of Fulton Manor, and it will double the size of each of the two rooms. A Staff Education Room is also being built. Construction is scheduled to be finished sometime this fall.

"The Activities Room just isn't large enough right now," says Mary Jo Smallman, LNHA, Administrator of Fulton Manor and Fulton Suites, the Independent Living component of the facility. A key part of the Fulton Manor program is to engage residents in regular exercise and group activities to keep them physically active and mentally alert. "Sometimes we've had events in the Activities Room where family members had to watch from the hallways because the room was full of our skilled nursing residents. This expansion will give us the room we need."

The Dining Room is being expanded to allow all skilled nursing and rehabilitation residents to eat at the same time. Now, there are two shift times scheduled for each of the three meals to accommodate everyone. "The larger room will accommodate all the residents, and that will make for a more leisurely dining experience for them," says Smallman. She notes that it will also allow her staff to spend more time on the floors after the meal times since they will be handling three meal times in the future instead of six.

The expansion of both the Activities Room and Dining Room includes cathedral ceilings in both rooms and more windows for brighter, more spacious environments. Contemporary earth tones and soft green colors will also be used in the expanded rooms. For more information about Fulton Manor's expansion project, contact Administrator Mary Jo Smallman at 419-335-2017 or msmallman@fulhealth.org.

FCHC News & Notes

Thanks to Our Sponsors!

We would like to thank the sponsors of our Sept. 15th 5K Run/Walk and 1K Run/Walk. More details to come in our Winter issue. Olympian Level: Absolute Pharmacy, Andres O'Neil & Lowe Agency, APRN, Delta Kwik Stop, Eagles Lodge Delta 2597, FCHC Medical Staff, Lee's Body Shop Inc., Panera Bread, Subway of Archbold-Delta-Swanton, Swanton Welding & Machining, T J Automation, West Ohio Orthopedics. Marathoner Level: Countryside Farms Drainage, Edward Jones/Ron Hodges, Farmers & Merchant State Bank, Holiday Inn Express, State Line Farms, Wauseon Machine & Manufacturing Inc., Zenz Farms. Sprinter Level: First Federal Bank, Haas Farms, Servpro of Fulton-Henry-Williams Co. Also, thanks to area businesses that donated door prizes and refreshments.

FCHC Health & Wellness



5K Run/Walk • 1K Run/Walk
9 - 15 - 2012



Cancer Awareness Day

LIVESTRONG® Day is Tues., Oct. 2 in the Rainbow Hematology/Oncology Department at the Fulton County Health Center from 8 am to 3 pm. Created by the Lance Armstrong Foundation, this is the day that communities all over the world work together to promote cancer awareness. The Lilly Oncology on CanvasSM Art Display will be at the event as well as information on clinical trials, cancer survivorship, cancer prevention and early detection. Refreshments will be served.

LIVESTRONG® is a registered trademark of the Lance Armstrong Foundation.

Road to Wellness Conference

Come join Fulton County Health Center and a variety of Fulton County health providers at the 4th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers, Tues., Oct. 2, 9:30 am - 2:30 pm at the St. Caspar Church Parish Life Center, Wauseon. The event is sponsored by the Fulton County Aging Consortium. FCHC's Corporate and Community Health Promotion Department will be there providing free blood glucose and blood pressure screenings. There will be presentations on AARP Driver Safety, Facing Change — Making C.H.O.I.C.E.S., Memory Loss — What is Normal for My

Age, SilverSneakers®, Estate Planning/Asset Protection, as well as entertainment.

Flu shots will be available from the Fulton County Health Department. Cost for the Flu shots is covered for those on Medicare. For all others, shots will be available for only \$20/person. Pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, Community Health Professionals in Archbold, and Heartland of Wauseon. A free lunch will be provided for those that pre-register. Transportation will be available from the Archbold and Swanton Senior Centers with pick-up at 9:00 am and returning at 2:30 pm.

Special Breast Cancer Awareness Program

On Sat., Oct. 20, 9:00 am — Noon, Fulton County Health Center will host a special program on Breast Cancer awareness. This special program will focus on the latest in Breast Cancer prevention, diagnosis and treatment. Keynote speakers include: Prabir K. Chaudhuri, M.D., Professor of Surgery, Director of Surgical Oncology at the Cancer Institute and Michael Pole, M.D., FCHC Radiology Medical Director, Diagnostic Radiologist, MQSA Accredited in Mammography and Breast Biopsy. Other breast cancer information will be provided by the FCHC staff and will include the latest in nutrition and breast cancer as well as a presentation on navigating the care options for breast cancer patients. The program is free and lunch will be provided. Limited seating, pre-registration required. To register, call our Corporate and Community Health Promotion Department at 419-330-2735. Registration deadline is October 15. For more details visit www.fultoncountyhealthcenter.org or our Facebook page.

New Ultrasound Equipment

This fall, the FCHC Ultrasound Department will receive new Ultrasound equipment that will have the latest generation of 4D technology for our OB patients. The 4D capability means the unit will capture images of the baby in 4 dimensions, which will help us in determining crucial medical information. The proud parents will also be able to see the baby live in 4D! More details to follow in the Winter Issue of *Health Centering*.

FCHC On Facebook

Keep track of FCHC news, events, programs and more by following us on Facebook! Just type "Fulton County Health Center" in the search bar and you'll find us!



Message from the CEO

I have big shoes to fill. That phrase keeps running through my mind now that my boss, mentor and long-time leader of our Health Center — E. Dean Beck — has retired. How do you replace someone who has led our facility for nearly 40 years?

I don't pretend to know everything about hospital administration, but I have been involved with many of the critical aspects of hospital administration in the 25 years I've spent

at FCHC. My experiences have prepared me for the next trends in health care, which will revolve around reimbursement levels and incentives that are linked to quality of care initiatives.

So, let's move ahead. This newsletter is designed to keep you up-to-date on how we are keeping up-to-date with changes in our rapidly evolving industry. A perfect example is our "stone center," the name we use for the broad range of treatment options we've added for patients diagnosed with kidney stones. Our lead story covers this topic well.

Another way we've kept up with industry trends is the addition of Alan Rivera, M.D., a Hospitalist to our Medical Staff. This is a fast-growing area of hospitals, and I encourage you to learn more about how Dr. Rivera will serve as a patient advocate within our facility.

We continue to update our facility with a total renovation of our Critical Care Unit (CCU) and an addition to our Fulton Manor skilled nursing facility. The goal with both of these projects is to improve the experience to everyone who visits or stays with us.

We are always open to feedback from our patients and visitors. Please do not hesitate to contact any of our staff members with whom you have interacted. Have a great Autumn!

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer





Health & Fitness Classes

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Sept. 18 or Nov. 6, 9:30 - 11:00 am, \$5 suggested donation. FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Sept. 25 or Dec. 4, 9:30 - 11:00 am, \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Fall into Health and Fitness

This is a class geared toward children ages 7-12 and is designed to teach kids and their families the basics of healthy eating and activity. Presented by registered dietitians and will include simple fitness activities, nutrition tips, a cooking demonstration, and light lunch. Sat., Nov. 3, 9:30 am - 12:30 pm, \$10 per person, FCHC Beck Meeting Room. Must pre-register at 419-330-2721.

Healthy Holiday Eating

Healthy eating tips to help survive the holiday season without the holiday gain. Thurs., Nov. 15, 7:00 - 8:30 pm, FCHC Beck Meeting Room. Suggested Donation \$5. Must pre-register at 410-330-2721.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most child care requirements. Class taught by RN. Sat., Sept. 15 or Nov. 10, 9:00 am - 4:00 pm, \$60, 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.

Sat., Oct. 6, 9:00 am - 3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

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

Sat., Oct. 27, 9:00 am - 3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

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 8:30 am, class begins promptly at 9:00 am, Sat., Oct. 13 or Dec. 1, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Weight, Smoking

Waist Watchers Support Group

A weekly support group that includes an optional weigh in, brief nutrition or fitness topic, and group discussion/accountability. Tues., 12:00-12:30 pm, in the Board Room or Wed., 5:00 - 5:30 pm in the FCHC Board Room, Cost \$20 for 10 visits, or \$30 for 20 visits. Call 419-330-2721 for more information.

Weight, Smoking

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: \$60 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 \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Sat.: Sept. 22, Oct. 27

Weight Loss: 1:00 - 2:30 pm

Stop Smoking: 2:30 - 4:00 pm

Mon.: Nov. 19

Weight Loss: 5:30 - 6:45 pm

Stop Smoking: 7:00 - 8:15 pm

Wed.: Oct. 10

Weight Loss: 5:30 - 6:45 pm

Stop Smoking: 7:00 - 8:15 pm

Oncology Programs

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

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

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

American Cancer Society Services On Site - "Look Good/Feel Better" - Sept. 20 & Nov. 15, all at 10:00 am. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by referral - "Reach to Recovery" and "Road to Recovery."

Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

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

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



Health & Fitness Classes

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

Diabetes Education & Support

Free Support Group, Oct. 11, Nov. 8 and Dec. 13, 5:00 – 6:00 pm, Diabetes Education Office, 3rd Floor.

Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to assist you. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Balancing Life with Diabetes (formerly Mountain Climbing).

Community class offering self-help and support for the person with diabetes. Format has changed to every other month, in the even months of 2012 (i.e., February, April, June, August, October, December). \$5 suggested donation. FCHC Meeting Room. No registration necessary. Note: No November class.

October: A Double Header! *Getting Off on the Right Foot AND Diabetes Underground.*

Dr. Brad Adams will explain why taking care of your feet is such an important issue for persons diagnosed with diabetes and how foot problems that can arise are prevented and treated. Then Dr. Eric Lehman will discuss how the complications of diabetes occur and what can be done about them. Thurs., Oct. 11, 7:00 – 9:00 pm.

December: A Double Header! *Exercise Prescriptions for Diabetes Management AND Keep It Moving!*

Dalynn Badenhop, PhD, exercise physiologist and head of Cardiac Rehab at UTMC, offers his expertise on why exercise is an integral part of diabetes self-care. He answers the question: Can exercise really do a person that much good? Jamin Torres, BA, ACE, CPT, FCHC Fitness Coordinator, will also offer practical tips for incorporating physical activity into our busy days. Thurs., Dec. 13, 7:00 – 9:00 pm.

Know Your Numbers.

Living with diabetes may seem complicated and difficult. However, understanding what it is and how it affects the body can help you manage it well. Learn from an experienced FCHC Certified Diabetes Educator how to implement a practical and effective treatment plan. Wed., Nov. 7, 6:30 – 7:30 pm, Swanton Public Library, 305 Chestnut St., Swanton. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. There is a \$5 suggested donation to help cover the cost of materials.

Note on Regular Support Group Schedule. Due to scheduling changes, the usual Wed., 9:30 am and Thurs., 3:00 pm times have been discontinued. The second Thurs. of every month from 5:00 – 6:00 pm will continue to be a free and open time to learn more about diabetes management. Location: Diabetes Education Office, 3rd Floor, FCHC.

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 am 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 pm 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.

FCHC on the Radio

Get the latest health tips and updates with "Health Centering on the Radio." This 10-minute program on WMTR 96.1 FM features FCHC staff and physicians. Tune in every Saturday, 7:00 am and Sunday, 8:00 am.

Health TIPS

Know the Signs of Diabetes

There's a growing trend of people being diagnosed with diabetes. As our population has aged and obesity has increased, so has the diagnosis of diabetes. Left untreated, diabetes can lead to other health issues including heart disease, kidney disease, high blood pressure, and premature death. But diabetes is also very treatable. The key is to know the signs of diabetes and be tested for blood sugar levels in conjunction with an overall wellness regimen.

Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that early detection and treatment can decrease the chance of developing complications from diabetes.

Type 1 Diabetes

Frequent urination
Unusual thirst
Extreme hunger
Unusual weight loss
Extreme fatigue and irritability

Type 2 Diabetes*

Any of the type 1 symptoms
Frequent infections
Blurred vision
Cuts/bruises that are slow to heal
Tingling/numbness in the hands/feet
Recurring skin, gum or bladder infections
**Often people with type 2 diabetes have no symptoms*

What Should You Do?

If you or someone you love displays symptoms of diabetes, talk to your primary care physician about your concerns. Also, take advantage of local screenings and health events we offer throughout the year here at FCHC and also in local communities, schools, local libraries, and with wellness programs held with many area employers.

Finally, take charge of your health. Increase physical activity, improve your eating habits, and develop ways to reduce stress in your life. This will help in managing diabetes and in maintaining good health. For more information, contact our Diabetes Education office at 419-330-2772.

Source: American Diabetes Association



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 24 – Dec. 1; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Aquatic Aerobics

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

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!

Aqua Zumba®

Is known as the Zumba "pool party". Combines Zumba Fitness and basic aqua fitness into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all FUN and exhilarating beyond belief. Great class for those just starting their fitness journey.

Ballroom Dance

Dancing is easy, fun, beautiful, elegant, modern, and stylish! The focus this session will be Slow Dance, Salsa, and Russian Kadril. 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 Craze Plus

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

Cardio Dance

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

Circuit Training

A 30 minute packed class of some cardio and exercise stations that will target numerous body parts using various pieces of equipment!

Gentle Movement (formerly Golden Retrievers)

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

Fitness For Fun

Will introduce kids to the basics of tumbling such as: forward and backward rolls, cartwheels, headstands, etc. The class will also consist of fun fitness games that will help enhance the children's agility, flexibility, muscular strength, and other fitness areas.

Line Dancing

Get good exercise and learn a variety of fun ballroom line dances. No partner required to participate.

Maximum Burn

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

Parent & Child Water Wonders

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

Health & Fitness Classes

Wauseon Classes	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Cardio Core	SAT	9:00 AM	FCHC Rehab Center
Maximum Burn	M, W, F	5:45 AM	FCHC Rehab Center
Ball	TH	5:30 PM	FCHC Rehab Center
Zumba® (30 min.)	W	6:30 PM	FCHC Rehab Center
Turbo Kick® (30 min.)	M	6:30 PM	FCHC Rehab Center
NEW! Circuit Training (30 min.)	M & W	7:00 PM	FCHC Rehab Center
Total Body Tone	M & W	7:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	T	7:00 PM	FCHC Rehab Center
Ballroom Dance	TH	7:00 PM	FCHC Rehab Center
(\$60 per person, cannot be combined with other class pricing)			
Silver Sneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement (Formerly Golden Retrievers)	M & W	9:30 AM	Fulton County Senior Ctr.
(Donations appreciated. Co-sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			
NEW! Tai Chi	M & T	1:00 PM	Fulton County Senior Ctr.
(Donations Appreciated. Endorsed by ODH & OIPP. Co-sponsored by Guiding Hands Home Health Services, Inc.)			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aquatic Aerobics	T & TH	8:00 AM	FCHC Rehab Center
NEW! Aqua Zumba®	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Aerobics	M, W, TH	6:15 PM	FCHC Rehab Center
Silversneakers® Silversplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to Silversneakers® card holders, regular pricing applies to others)			
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; Sept. 29 – Nov. 17			
Bryan Class	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Washington School Gym
Delta Class	Day(s)	Time	Location
NEW! Zumbatomic® (Kids 4-12 yrs.)	W	4:30 PM	Delta Memorial Hall
Edon Class	Day(s)	Time	Location
NEW! Cardio Dance	M & W	7:00 PM	Edon Community Bldg.
Evergreen School District Classes	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	High School Gym
Cardio Dance	W	7:00 PM	Elem. School Gym

Health & Fitness Classes (Continued)			
Fayette Class Cardio Dance	Day(s) W	Time 6:15 PM	Location Fayette Jr. H.S. Gym
Pioneer Classes Cardio Dance Total Body Tone	Day(s) TH M & W	Time 5:45 PM 5:45 PM	Location Church of the Nazarene Church of the Nazarene
Stryker Class Gentle Movement (formerly Golden Retrievers) (Donations appreciated. Co-sponsored by Stryker Public Library.) 10 classes - \$47, begins Oct. 3	Day(s) T	Time 10:30 AM	Location Stryker Public Library
Swanton Classes Cardio Core Zumba®	Day(s) T & TH M & W	Time 6:00 PM 7:00 PM	Location Crestwood Elementary Trinity United Methodist
West Unity Class Cardio Dance	Day(s) T & TH	Time 6:15 PM	Location Solid Rock Church
Archbold Fairlawn Retirement Community Aquatic Aerobics Aquatic Aerobics Arthritis Aquatics Arthritis Aquatics Aquatic Noodle Workout NEW! Aqua Zumba®	Day(s) M & W T & TH M & W M M TH	Time 9:00 AM 6:00 PM 10:15 AM 4:45 PM 5:45 PM 5:00 PM	Location Wyse Commons Wyse Commons Wyse Commons Wyse Commons Wyse Commons Wyse Commons
Line Dancing (\$60 per person, cannot be combined with other class pricing)	TH	5:15 PM	Wyse Commons
Archbold Classes Co-sponsored by Archbold Parks & Recreation Dept. Turbo Kick® Turbo Kick® NEW! Cardio Craze Plus Total Body Tone 10 classes - \$27, 20 classes - \$40, 21 or more - \$50	Day(s) M W T & TH T & TH	Time 5:30 PM 5:00 PM 5:30 PM 5:30 AM	Location Park Pavilion Park Pavilion Park Pavilion Park Pavilion
NEW! Fitness for Fun – Beginner (3-5 years) NEW! Fitness for Fun – Intermediate (6-10 years) 8 weeks – 1x/week - \$32	SAT SAT	9:00 AM (45 min.) 9:45 AM (45 min.)	Elem. School Cafeteria Elem. School Cafeteria
Gentle Movement (Formerly Golden Retrievers) (Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)	M & W	9:15 AM	Wyse Commons

Yoga Classes: Yoga classes cannot be mixed & matched with other classes.			
Wauseon Classes Yoga – Intermediate (Mat Required) (No class Nov. 10) Yoga – Gentle (Mat Required) (No class Nov. 10) Yoga – Gentle (Mat Required) (No class Oct. 9 & 23) 10 classes - \$47, 20 classes - \$74	Day(s) SAT SAT T	Time 9:00 AM 10:30 AM 5:00 PM	Location FCHC Ground Flr. Mtng. Rm. FCHC Ground Flr. Mtng. Rm. FCHC Beck Meeting Room
Pioneer Classes Yoga (Mat Required) 10 classes - \$47, begins Oct. 3	Day(s) W	Time 7:00 PM	Location Church of the Nazarene
Swanton Classes Yoga (Mat Required) 10 classes - \$47, 20 classes - \$74	Day(s) T	Time 7:15 PM	Location Trinity United Methodist
Archbold Class Yoga – Gentle (Mat required) Yoga – Intermediate (Mat required) 10 classes - \$40, 20 classes - \$60 Co-sponsored by Archbold Parks & Recreation Dept.	Day(s) M M	Time 6:30 PM 7:30 PM	Location Park Pavilion Park Pavilion

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.

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

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.

Zumba®
Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumbatomic® (Kids 4-12 yrs)
Is a high-energy calorie burning fitness-party packed with specially choreographed, kid-friendly routines that increase focus and self-confidence while enhancing coordination and boosting metabolism that makes getting fit as much fun as playing a game.



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In This Issue:

The Stone Center

New Type of Physician
Specialist Joins FCHC

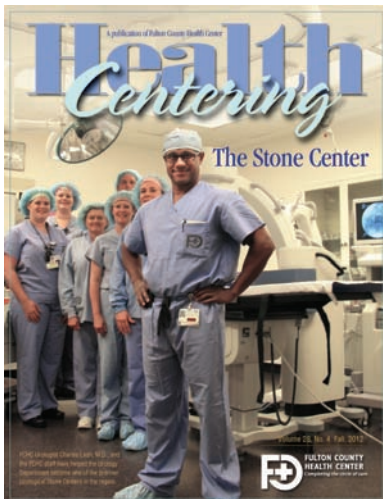
Improvements to our Facilities

News & Notes

Message from the CEO

Health & Fitness Classes

Health Tips: Know the Signs
of Diabetes



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

Patti Finn, Chief Executive Officer

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

Auxiliary Golf Outing Report

The June FCHC Golf Outing, sponsored by our Auxiliary, raised \$32,687. This is \$4,300 more than was raised in the 2011 golf outing. Proceeds from this year's outing were used to help renovate our Critical Care Unit (see related article).

Auxiliary Events

September 19 - 20: Gabriel Associates - Scarves, Handbags, Sun Glasses, Framed Pictures of Sports Stadiums, etc. FCHC Cafeteria.

October 11 - 12: Masquerade \$5 Jewelry Sale, Wed., 7:30 am - 6:00 pm.; Thurs., 7:30 am - 7:00 pm; FCHC Cafeteria.

October 8 - November 8: Poinsettia & Candy Sale by VolunTeens. Get forms in the FCHC Gift Shop, Auxiliary Office or from an Auxiliary member (delivery on Nov. 29).

October 24 - 25: Gabriel Associates - Christmas Ornaments and Tree Toppers, FCHC cafeteria, times to be announced.

November 11: VolunTeens Scholarship Tea, 3:00 pm

November 14, 15 & 16: Books on the Go, Wed., 9:00 am - 6:00 pm; Thurs., 9:00 am - 6:00 pm; Fri., 7:00 am - 3:00 pm; FCHC Cafeteria.

December 4 - 5: U Be Dazzled, times and place to be announced.

Auxiliary Scholarship News

Congratulations to these VolunTeens who are the recipients of the 2012 FCHC Auxiliary scholarships:

Katie Kehle joined the VolunTeen Program in 2008 as a freshman at Wauseon High School, and she participated all four years of high school. Katie also took post-secondary coursework at Northwest State Community College her senior year. She graduated in 2012 with a cumulative GPA of 4.0 and is now attending Bowling Green State University. Katie is working towards a Nursing degree and plans to become a registered nurse.

Chandler Tinsman joined the VolunTeen Program in 2010. He graduated from Archbold High School in 2012 with a cumulative GPA of 4.0. Chandler was active in high school athletics; Mock Trial and Quiz Teams; and he played the trombone in the marching, jazz and pep bands. He is also active in Boy Scouts, having earned Eagle Scout and serves as patrol leader and assistant scoutmaster. He is attending Bowdoin College in Maine and majoring in Biochemistry. Chandler plans to become a surgeon, and his interests lie in cardio-thoracic medicine.