

A publication of Fulton County Health Center

# Health Centering

(Front, Left): Eric Demaline, RN, EMT;  
(Back, Left): Denise Pennington, RN;  
(Front, Right): Bev Graber, LPN.

## Emergency Department Continues to Improve

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**Fulton County  
Health Center**  
*Completing the circle of care*



In the spring of 2007, FCHC completed an ambitious 18 month construction program that began in September of 2005 to add a three-story 55,000 square-foot addition to its existing facility. The cornerstone of that construction was a new, 18,000 square-foot Emergency Department. Now nine years later, the FCHC Emergency Department continues to improve. After the expanded Emergency Department opened, visits grew from around 13,000 a year in 2006 to more than 17,800 visits in 2015. With improved medical technology and focused advanced treatment, the FCHC Emergency Department now treats more medical emergencies than ever before.

## Faster Service

Anyone who has experienced a medical emergency understands that speed is critical – speed in diagnosing the health problem and speed in getting treatment. FCHC has addressed this issue by implementing a “direct-to-bed” system in its Emergency Department.

The direct-to-bed system allows patients to check in with the receptionist and be quickly moved to an Emergency Department bed. “Patients come to us to see a doctor, not to sit in a waiting room,” says Debra Bowman, BSN, RN, CCRN, CEN, CPEN, FCHC Emergency Department Manager. “So we get them to a room where we can assess their medical problem and log their medical information.” Bowman says several health care professionals are in the room at the same time, eliminating the patient from having to repeat his/her story to multiple people. Since emergencies happen at all hours of the day, the facility must be staffed to meet patient demand.



(Left): Eric Demaline, RN, EMT; (Back, Right): Bev Graber, LPN; (Front, Right): Denise Pennington, RN.



# Emergency Department Continues to Improve

## Staffing to Meet Demand

“During our peak hours between 3:00 p.m. and 11:00 p.m., we will typically have available a physician, a Nurse Practitioner, five Registered Nurses, a Licensed Practical Nurse, as well as a Paramedic, Social Worker, Receptionist, and Department Secretary,” says Bowman. Dan Hoffman, MD, is the FCHC Emergency Department’s Medical Director. The Emergency Department rotates 6-7 physicians, most of whom are Board Certified in Emergency Medicine. Each physician works a 12-hour shift, from 8:00 a.m. - 8:00 p.m. or from 8:00 p.m. - 8:00 a.m., offering patients 24-hour physician coverage. “We also added a Nurse Practitioner from 11:00 a.m. to 11:00 p.m. to speed up the process of seeing patients,” says Bowman. “The Nurse Practitioner is able to assess and treat the less acute patients and collaborates with the physician as needed.”

Members of the Emergency Department also receive Advanced Cardiovascular Life Support (ACLS) re-certification training every two years and complete a trauma course every four years. In addition, the department holds its own training session of staff members once a year. “It’s important for us to train and keep current with all appropriate certifications,” says Bowman.



Wauseon Fire crew members are shown transporting a patient to FCHC.

## Upgraded Technology

Members of the Emergency Department rely on advanced technology to improve the accuracy and speed of diagnosis and treatment. For example, portable cardiac monitors keep constant watch over a patient’s heart rate, blood pressure, and pulse. A portable heart monitor, the size of a cell phone, monitors a patient’s cardiac rhythm.

Five of the Emergency Department beds have permanent monitoring equipment similar to that used in Intensive Care Units.





(Right): Jessica Cobb, RN, updates data into a patient's electronic health record.

(Bottom): The Mercy Health Life Flight helicopter transports patients from FCHC to larger hospitals when necessary.



(Right): FCHC can handle up to four EMT vehicles in its ambulance bay.



**“Several health care professionals are in the room at the same time, eliminating the patient from having to repeat his/her story to multiple people.”**

**— Debra Bowman, BSN, RN, CCRN, CEN, CPEN, FCHC Emergency Department Manager**



**24  
HOURS**

## Some Final Thoughts

FCHC's Emergency Department is not rated as a trauma center ... that designation is reserved for large, urban hospital Emergency Rooms. But with its collaboration with other facilities and specialists, FCHC is able to keep many emergency patients in the facility, treat them here and send them home. “We’re not going to be able to keep everyone here, and we understand that,” says Bowman. “But for those patients who do need the expertise of a larger trauma center, we are able to assess, begin treatment, and stabilize them in our Emergency Department prior to transferring to a tertiary care hospital by ground or helicopter transportation.”

“Some people forget that no Emergency Department exists to perform full treatment on a patient,” says Bowman. “We are not always the final fix. But we are here to alleviate symptoms, perform tests to diagnose what’s wrong, suture cuts, splint fractures, and generally fix things that need immediate fixing. And then if follow-up surgery or treatment is needed, we refer the patient to the appropriate specialist.” For more information about the FCHC Emergency Department, contact Steve McCoy, FCHC Director of Marketing, at 419-330-2717 or [smccoy@fulhealth.org](mailto:smccoy@fulhealth.org).

State-of-the-art ceiling-mounted “booms” in two of the trauma rooms allow physicians and staff to quickly and efficiently reposition oxygen, laptop computers, cardiac monitors, and suction equipment to either side of the patient's bed. The Emergency Department also includes its own X-ray equipment.

Patients suffering from heart attacks benefit from technology used by EMS personnel who transmit EKG readings via telemetry from the patient's home or in the ambulance. Emergency physicians read the EKG before the patient even gets to the Health Center. “The faster we can determine what is wrong with the patient's heart, the greater the chance of saving heart muscle,” says Bowman.

CPR in the Emergency Department is now performed with an AutoPulse® machine that automatically and repeatedly compresses the chest during a cardiac arrest. “The AutoPulse® is more consistent with its chest compressions than human hands, and it never gets tired,” says Bowman. “Plus it frees up a set of hands that would be busy performing CPR, and those hands can now assist with other duties.”

Other new technology includes an upgraded GlideScope®, complete with a light source and camera, that provides emergency staff with a magnified view of the patient's airway. The GlideScope® assists with intubation when someone needs help to breathe. Some patients can pose challenges for staff that must find a vein for intravenous (IV) fluids and medications. The Emergency Department has a couple of tools available to help gain IV access. At times an ultrasound machine can be used to help visualize veins while starting an IV. For those who are critically ill there is an option to use the EZ-IO® System, which allows staff members to place an “IV” type access into the bone so the fluids or medications can be administered directly into the patient's bone marrow. The EZ-IO® system is used for those patients who struggle with a common IV placement.

In addition to the technology noted here, FCHC also uses telemedicine to help patients experiencing a stroke (see related article).

# Telemedicine in the Emergency Department

Over the past two years, local stroke victims have benefited from Skype™-like technology for a faster, more accurate diagnosis from a specialist without ever having to leave the FCHC Emergency Department. Telemedicine technology, which was installed in the Emergency Department about two years ago, links FCHC medical professionals in Wauseon with Toledo-based neurointerventional physicians at St. Vincent Mercy Medical Center and the University of Toledo Medical Center.

“It’s similar to the technology used by Skype™ that allows people across the globe to communicate with one another via the Internet,” says Debra Bowman, BSN, RN, CCRN, CEN, CPEN, FCHC Emergency Department Manager. “We’re able to establish a real-time dialogue with a Toledo-based neurospecialist who becomes part of the diagnostic team in the room with the patient.”

When a stroke victim enters the FCHC Emergency Department, staff members connect the Toledo specialist to FCHC’s telemedicine equipment. The neurospecialist’s face appears on a large flat-screen monitor for the patient to see. The doctor then speaks directly to the patient, family member or another medical professional in the room. Cameras attached to the top of the monitor allow the neurospecialist to see the patient at the same time.

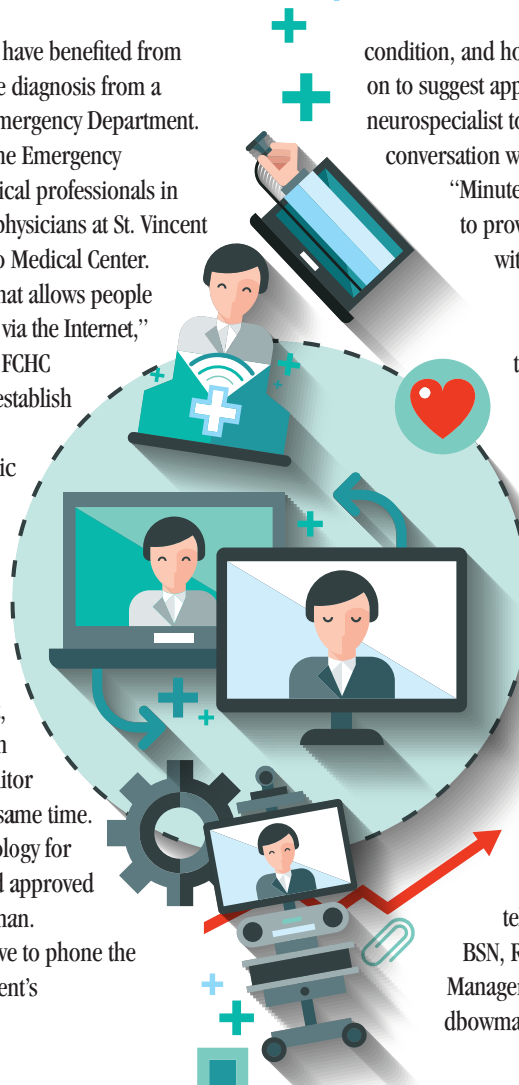
“This is a significant upgrade in medical technology for stroke victims and has been thoroughly tested and approved by the Food and Drug Administration,” says Bowman. In the past, FCHC medical professionals would have to phone the out-of-town physician specialist, describe the patient’s

condition, and hope the doctor could understand what was going on to suggest appropriate treatment. Telemedicine allows the neurospecialist to view the patient in real time and to have a conversation with the individual.

“Minutes count during a stroke, and telemedicine allows us to provide faster, more accurate medical care to patients without them having to leave our Emergency Department to have treatment started,” says Bowman. As an example of the benefit of telemedicine, she says the use of the life-saving, blood-clot busting TPA drug – used for specific stroke patients – must be determined early in the diagnostic process. “Some patients are a little surprised to see the neurospecialist’s face appear on the monitor, but they quickly realize it’s a good thing to have a specialist involved in their care right away when time makes a big difference in the eventual outcome,” says Bowman.

Bowman says FCHC is considering expanding the use of telemedicine equipment for neonatal consults with Toledo physicians, in order to reduce the time needed to make an accurate diagnosis.

For more information about FCHC’s telemedicine program, contact Debra Bowman BSN, RN, CCRN, CEN, CPEN, FCHC Emergency Department Manager, at 419-335-2015, Ext. 2120 or email at [dbowman@fulhealth.org](mailto:dbowman@fulhealth.org).



(L-R): Jessica Cobb, RN, Ronald Music, MD, and Emily Revis, RN, use the St. Vincent Mercy Telemedicine Robot to communicate with a neurospecialist in Toledo.

## Think F.A.S.T. to Recognize Stroke Symptoms


FCHC’s new telemedicine technology is used in the Emergency Department for the diagnosis and treatment of stroke victims. If you recognize any of these stroke symptoms in a friend, family member, or co-worker, have them seek emergency care immediately:

- F FACE**.....One side of the patient’s face droops.
- A ARM** .....One arm sags when compared to the other, and there is weakness in the arm.
- S SPEECH**.....Words are slurred or abnormal, or the patient can’t speak.
- T TIME**.....What time was it when the patient last seemed to be normal?

**If any of the first three occurs, the probability of a stroke is 72%.**

Sources: The Cincinnati Stroke Scale Test (FAST); Mercy Health Partners.





David Hammersmith, LISW-S,  
FulCare Behavioral Health  
Services Therapist, uses  
EMDR therapy with a patient.

## 8 Phases of Treatment

The amount of time EMDR treatment will take depends upon a client's history, and every case is different. "Not all client are candidates for EMDR therapy, but we probably use it with 50% or more of them," says Lumbrezer.

### Phase 1: History and Treatment Planning

The therapist discusses with the client a specific problem and the behaviors associated with it, then the therapist develops a treatment plan.

### Phase 2: Preparation

Specific relaxation techniques are taught so the client can deal with any emotional disturbances that may arise. It also establishes a relationship of trust between the client and the therapist.

### Phase 3: Assessment

The specific traumatic event is targeted in a controlled way so it can be effectively processed. The client also identifies the negative emotions and physical sensations he/she associates with the trauma.

### Phase 4: Desensitization

This phase focuses on the client's disturbing emotions and deals with his/her actions.

### Phase 5: Installation

Creates a positive belief for the client to use to replace the negative belief. A client who has been abused may go from feeling helpless to feeling he/she is now in control.

### Phase 6: Body Scan

After the positive belief has been installed, the therapist will ask the person to think about the original traumatic event and watch for any build up of tension in the client's body.

### Phase 7: Closure

Used at the end of every treatment session so the client leaves feeling better than when he/she arrived.

### Phase 8: Reevaluation

This phase is used at the beginning of each new session so the therapist can discover what the client has noticed in their behavior since the previous session.

### The Future

EMDR treatment focuses on past memories that cause behavioral health problems along with present situations that are disturbing. But it also aims to help the client create specific skills he/she can use to cope with future situations and emotions.

For more information about EMDR therapy visit [www.emdria](http://www.emdria) or call the FulCare Behavioral Health Services program at 419-330-2790.

## A Different Type of Trauma Treatment

Five years ago therapists at FCHC's FulCare Behavioral Health Services began using a different type of psychological therapy called EMDR - Eye Movement Desensitization and Reprocessing - that had been developed in 1987 by psychologist Dr. Francine Shapiro. Dr. Shapiro had made a chance observation that eye movements could reduce the intensity of disturbing thoughts. She studied this effect scientifically, and a few years later began treating victims of war-induced trauma. Since then, EMDR has evolved and now uses a set of standard protocols while drawing upon other therapies.

### FCHC's Connection

At FCHC's Fulcare Behavioral Health, all five therapists have been fully trained in EMDR therapy. Two of them have taken the next step of being certified to use EMDR therapy, including Dianne Lumbrezer, LISW-S, a therapist and FulCare Behavioral Health Program Manager, and David Hammersmith, LISW-S, FulCare therapist. Each has undergone extensive training and has been certified by the EMDR International Association (EMDRIA).

### How it Works

"Some people who have experienced trauma cannot process the information normally in their brains," says Lumbrezer. "So the traumatic event becomes frozen in their mind, and recalling the event may cause them to feel as bad as going through it the first time. These people think of one bad thing, then another and it causes them anxiety and even panic attacks."

The key to EMDR is the bilateral (left to right) movement of the client's eyes while they are remembering the traumatic event. Tapping or tones can also be used. "This gets that frozen traumatic event in the person's brain to 'move' to the adaptive side of the brain and be processed normally," says Hammersmith. "Processing does not mean talking about the problem," says Hammersmith. "It means helping the client's brain to digest negative experiences and store them with appropriate emotions in their brain." After a successful EMDR session, a person no longer relives the negative feelings when the event is brought to mind. "You still remember what happened," says Hammersmith, "but you are much less upset than you were before the therapy."

"EMDR really offers a three-pronged approach to treating clients," says Lumbrezer. "It helps us look at the past trauma, the present struggles the client is facing due to the past trauma, and a future scenario we set up to help a client identify how they will deal with specific situations when they occur in the future. It's the only therapy I am aware of that actually deals with the past, present and future."

### Preparations

While EMDR appears, on the surface, to be a simple method of treatment, there is a great deal of preparation the therapist must do in advance with the client. No client is forced to undergo EMDR therapy if they do not want to. "It's all about timing," says Hammersmith. "Some clients want to jump right in and use EMDR to deal with their issues. Others may need more time or preparation. We respect whatever the client wants."

He says prior to using EMDR, the FulCare staff makes sure the client has a support system in place at home and that they feel safe leaving and not fearing the outside world after a session.



# Message from the CEO

No one wants to face a medical emergency, but as we all know it can happen to anyone. Some may believe that a community hospital such as ours is limited in the emergency care we can provide. But I can assure you that is not the case.



Our lead story in this issue deals with the growth of our Emergency Department since it opened in the spring of 2007. For example, we've implemented a direct-to-bed system to get patients in front of our health care providers as quickly and efficiently as possible. We have also adjusted our staffing to meet demand during peak hours, and we have added new technology to provide improved care. Our goal is not to be a Level I Trauma Center but to instead make sure we can fix things that need fixing and stabilize patients who may need additional care beyond the Emergency Department. I hope you spend some time learning about our capabilities and finish the article feeling confident that we can provide the necessary emergency care should you need it.

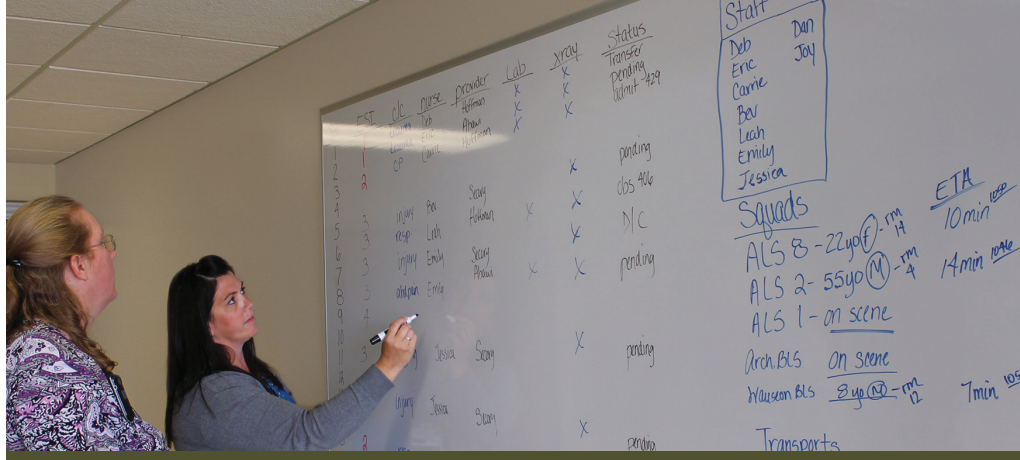
Our FulCare Behavioral Health Services program has been using a rather unique therapy called EMDR that is short for Eye Movement Desensitization and Reprocessing. This is an intriguing therapy that could benefit people dealing with anxiety, depression, panic attacks, PTSD, and much more. Please take time to read the article and contact our FulCare Behavioral Health Services program if you would like to learn more.

As always, we have many health and fitness classes from which you can benefit. I encourage you to consider taking advantage of them. Stay healthy, and enjoy the beautiful northwest Ohio fall colors we will soon see!

Best Regards,

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer



## PREPARING FOR THE WORST



Carrie Sigg, BSN, RN, Emergency Preparedness Coordinator, utilizes the disaster triage board to brief Debra Bowman, BSN, RN, CCRN, CEN, CPEN, Emergency Department Manager, on the Emergency Department status during a disaster incident.

As you would imagine, when Cleveland hosted the Republican National Convention this past July the city's health care professionals had spent months planning and preparing for a large-scale emergency health crisis. In fact, Erie and Huron County Public Health Departments even worked with their Cleveland partners, since they were placed in the geographic footprint of the 2016 RNC. Hospitals as far west as Fulton County were also asked to prepare to assist Cleveland if necessary. Yet at the same time the RNC was being held, northwest Ohio was hosting several large events including the Marathon Golf Classic, area County Fairs, and the Toledo Air Show. This limited the amount of resources that could possibly be used if an event had occurred in northwest Ohio or a neighboring region. It was one of the reasons the Ohio Department of Health put into place a new Point of Distribution (POD) System for the possible mass distribution of medication.

Yet while this emergency preparedness seems logical for an event as large as the Republican National Convention, area hospitals like Fulton County Health Center must be prepared for any type of health care crisis at any time, any day of the year. Locally, FCHC's Emergency Department is at the heart of that disaster drilling.

"It's all about planning in advance to be prepared for the worst," says Eric Demaline, RN, EMT.

"We have an Incident Command Structure in place, and each year we hold a major disaster drill where our team members go into action and begin by making phone calls,

text messages or even emails to arrange for appropriate staff, services, and resources to handle the incident being drilled," says Demaline.

Carrie Sigg, BSN, RN, Emergency Department Coordinator/Emergency Preparedness Coordinator, Barb Croninger, RN, and Demaline are actively involved in the annual drills built and designed by the Northwest Ohio Healthcare Emergency Management Coalition for facilities across the region. "Before the drill happens, we sit down in advance as a team to review the process — sort of like a tabletop exercise of the real thing," says Demaline. The major drill changes from year to year and could focus on what to do if there were an active shooter in the hospital, how to handle a major vehicle crash on the Ohio Turnpike with mass injuries, what to do if there were an epidemic of an infectious virus or mass contaminant, and weather related catastrophies. It's the kind of stuff for which movie dramas are made, except these are real people preparing for the possibility of a real disaster.

Drills are also performed to meet accreditation requirements from The Joint Commission and for receiving Assistant Secretary for Preparedness and Response (ASPR) grant funding. ASPR funding helps to cover the costs of emergency medications, personal protective equipment, emergency preparedness trainings, and communication systems. "The drills are based on areas we identify in a hazard vulnerability analysis as having high potential for affecting the facility," says Sigg. "Weather related incidents, like tornados and blizzards, and mass casualty incidents rank among the highest risks for our facility."

(Continued on page 12)



## Road to Wellness Conference

The 8th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 4, 9:30 a.m. - 2:30 p.m. at St. Caspar Church's Parish Life Center, Wauseon. The event is free and is sponsored by the Fulton County Aging Consortium. The theme this year is "Dodging the Potholes of Life!" and will offer various topics, including:

- Diabetes & Wound Care - The Path to Prevention & Treatment
- Drugs in Fulton County
- Are you Being Scammed?
- What is Adult Protective Services?
- Services & Cooking for One - from the Ohio State University Extension Services

FCHC will provide free blood glucose and blood pressure screenings for attendees during the registration period from 9:30-10:00 a.m. Flu shots will also be available during the registration period from the Fulton County Health Department. Pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, or by calling the Fulton County Health Department at 419-337-0915. Individuals who pre-register will receive a free lunch.

## Community Health Day/Fulton County Day at Sauder Village

FCHC will once again sponsor the Community Health Day and Fulton County Day at Sauder Village in Archbold on Saturday, Oct. 15, from 10:00 a.m. - 5:00 p.m. This is our third year in sponsoring this popular event. On this special day, Fulton County residents will also receive free admission to Sauder Village by showing their ID or proof of residency in Fulton County. FCHC staff members, as well as health and wellness professionals from other area organizations, will be on hand to provide various health screenings and information. Watch your local papers and our Facebook page for more details.

## Golf Tournament a Success

The FCHC Auxiliary's 17th annual Golf Tournament and Silent Auction was held on June 9 at Ironwood Golf Course. Proceeds from the Golf Outing, Silent Auction, Chicken BBQ, and Raffle raised \$38,563. The proceeds will be used to replace the dining room furniture in the FCHC cafeteria.

## FCHC Auxiliary Events

Sept. 22-23.....	\$5 jewelry sale. FCHC cafeteria.
Oct. 16.....	Auxiliary Tea Party. Fundraiser for the Volunteer Scholarship Fund. 2:00 - 4:00 p.m., FCHC Beck Meeting Room.
Oct. 17-Nov. 11.....	Poinsettia Sale order dates. Order from the FCHC Gift Shop or an Auxiliary member.
Oct. 24-25.....	Books are Fun - books, gifts, toys, cards. FCHC Cafeteria.
Nov. 3.....	Nurse's Edge - scrubs and nursing accessories. Fulton Manor Activities Room.
Nov. 16-17.....	U Be Dazzled - jewelry, beads, house products, gifts, misc. FCHC Cafeteria.
Dec. 1.....	Pre-ordered Poinsettias pick up. FCHC cafeteria.

## Auxiliary Tea Party

This is a fundraising event for the Auxiliary's Teen scholarship. It will be held on Sunday, Oct. 16, 2:00 - 4:00 p.m. in the FCHC Beck Meeting Room. The cost is \$15 per person, and the money raised will fund a scholarship for one of our Volunteers. Last year the Auxiliary awarded \$1,000 scholarships to each of three Volunteers: Ashleigh Allison, Brittany Wills and Richelle Avers. The Tea Party includes entertainment, a four-course meal and a variety of tea tasting. The theme of the fundraiser is "Travel the world," and tables will be set in the flavor of a different international country including: France, Germany, Ireland, Africa, and Downtown Abbey's England. Please join us for a delightful Sunday afternoon activity. For more details, contact Mary Gautz at 419-330-2695.



## Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335- 2017, Ext. 2798, for opportunities at Fulton Manor.

## Here We Grow Again!

In the fall of 2016 Fulton County Health Center will be breaking ground on a new 64,000 square foot Medical Office Building on the south side of our campus. The new Medical Office Building will be a four story facility attached by a walkway to the south side of Fulton County Health Center. A new parking lot will also be added. Once completed, the new facility will provide much needed clinic space and allow for more specialty physician care than ever before. Anticipated completion of the new MOB will be in the spring or summer of 2018.

The new facility will complement our current 24,000 square foot Medical Office Building which was built in 2000 and is attached on the north side of the hospital. Financing for the new Medical Office building will be through a United States Department of Agriculture (USDA) Rural Development - Community Facilities Loan. For additional information you may also email us at [info@fulhealth.org](mailto:info@fulhealth.org).





# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health and Wellness Programs in the Quick Links section), 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.

### **Cooking Real Food for a New You**

This 5-week series is for those looking to prepare healthy meals that taste great. Tuesdays, Sept. 20 - Oct. 18, 12:00 - 12:30 p.m., \$20, Location to be announced. Must pre-register by calling 419-330-2721.

### **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., Oct. 4, 9:30 a.m., \$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., Oct. 18, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **Managing Your Blood Pressure**

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tues., Nov. 8, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. To register call 419-330-2692.

### **Holiday Health**

Keep your healthy habits happening over the holidays with this nutrition-focused class. Geared to teach lifestyles that promote healthy weight. The 5-week series will be offered Tuesdays, Nov. 15 - Dec. 13, 12:00 - 12:30 pm., \$20, location to be announced. Please pre-register by Nov. 11 at 419-330-2721.

## 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, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Sept. 10 or Nov. 5, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

### **American Heart Association Healthcare Provider CPR**

CPR Certification by the American Heart Association for health professionals and health professional students. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m. Sat., Oct. 8 or Dec. 3, 9:00 a.m. - 1:00 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 babysitter. Class covers growth and development and safety for the sitter as well as the children and much more. Please bring sack lunch. Beverages/snacks provided.

Sat., Sept. 17, 9:00 a.m. - 3:00 p.m., \$20, Archbold Library. Call 419-446-2783 to register.

Sat., Oct. 1, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Sat., Oct. 15, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.

Sat., Oct. 22, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., Oct. 29, 9:00 a.m. - 3:00 p.m., \$20, Montpelier Library. Call 419-485-3287 to register.

## Smoking Cessation

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Mon., Oct. 3, 10, 17, & 24, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.



## Obstetrics: Partners in Pregnancy Programs

**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 an International Board 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 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

**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.





# Health & Wellness Programs

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## 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 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, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

### **H.E.L.P.**

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

## Baby Health

This year's "Help Me Grow Baby Fair ... Everything from Pregnancy to Preschool," will be held on Sat., Sept. 24, 9:00 a.m. - 12:00 p.m. at the Wauseon Primary School Gym, 940 East Leggett Street, Wauseon. The 2016 Baby Fair is Fulton County's premier free informational event, which will showcase products and services for new, expectant and young families of children ages 0-5 years. Childcare experts, area agencies and exhibitors will be on hand to provide information, giveaways (including goodie bags for the first 100 attendees), door prizes, and refreshments. A free car seat check will be offered from 10:00 a.m. - 1:00 p.m. Appointments for the car seat check can be made by calling 419-337-0915. For more information about the Baby Fair, call 419-337-4579.

## Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org)

### **Diabetes Education Community Class at Local Senior Centers**

Open to any senior age 60 or older! For more information, call 419-337-9299.

**Mon., Sept. 19, 11:00-11:45 a.m.**, Swanton Senior Center, 217 Chestnut St.  
Please note new location.

**Wed., Oct. 19, 11:00-11:45 a.m.**, Archbold Senior Center, Ruibley Park  
Scout Cabin, Archbold.

**Wed., Nov. 16, 11:00-11:45 a.m.**, Wauseon Senior Center, 240 Clinton St.

### **Free Support Group**

**Oct. 13, Nov. 10, Dec. 8, 5:00-6:00 p.m.**, 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 support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

### **World Diabetes Day Free Blood Glucose Screening**

**FCHC Rehab Center, W. Elm St, Wauseon, Tues., November 15, 10:00 a.m.-12:00 p.m.** Just drop by and have your blood sugar checked.  
No fasting necessary.

## 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** - Hair and Skincare classes, Thurs., Sept. 15 & Nov. 17, 10:00 a.m. - 12:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP one week prior to the event. Free make-up kit included. 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.

**Yes Mamm Program** - Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.

## The Ins and Outs of Hernia Repair

Are you having pain and discomfort from a hernia? Learn about treatment options at this free seminar that will be held Tues., Oct. 4, 5:00 p.m. in the FCHC Emergency Department Conference Room. Jose Parodi, MD, FCHC General Surgeon, will discuss the latest hernia treatments and surgical techniques including Sports, Belly Button (umbilical), and Inguinal along with hernias after surgery. To register, call the FCHC Weight Solutions Department at 419-337-7373.





# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. 10 Week Session – Sept. 19 – Nov. 26; 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 (Beginner/Advanced)**

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! Advanced class will work harder and faster.

### **Aqua Zumba®**

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### **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.

### **Delay the Disease**

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

### **Drums Alive®**

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN! FUN! FUN!

### **Gentle Movement**

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

### **Parent & Child Water Wonders**

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

### **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® Classic**

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. A chair is used for support, stretching, and relaxation exercises.

### **SilverSneakers® Splash**

Activate your aqua urge for variety! Splash 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. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.

## Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
New! Zumba®	W	6:45 PM	FCHC Rehab Center
Total Body Thrive	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	T & TH	5:30 AM	FCHC Rehab Center
Drums Alive®	SAT	9:30 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	Fulton County Sr. Center
(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Rehab Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center

Wauseon Aquatics	Day(s)	Time	Location
Aqua Zumba®	T & TH	8:30 AM	FCHC Rehab Center
Aquatic Noodle Workout (Beginner)	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout (Advanced)	T	6:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:30 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	5:15 PM	FCHC Rehab Center
Arthritis Aquatics	T & TH	4:30 PM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	9:30 AM	FCHC Rehab Center
SilverSneakers® Splash	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	10:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
Oct. 1 - Nov. 19, 8 Weeks - \$32			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:00 PM	Washington School Gym
No class Nov. 23.			

Fayette School	Day	Time	Location
Cardio Dance	W	6:30 PM	Fayette Jr. H.S. Gym
No class Nov. 23.			



## Health & Fitness Class Descriptions

### Health & Fitness Classes

Napoleon	Day(s)	Time	Location
Tai Chi	M & F	2:00 PM	Henry County Sr. Center
Free - Sponsored by Northcrest Nursing & Rehabilitation Center			

Pioneer	Day	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene

Stryker	Day	Time	Location
Stretch & Balance	W	11:00 AM	St. John Lutheran Church

Swanton	Day(s)	Time	Location
Cardio Core	T	6:00 PM	Crestwood Elementary
Drums Alive®	TH	6:00 PM	Crestwood Elementary
Drums Alive participants must bring a stability ball & mat.			

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	8:30 AM	Wyse Commons
Aquatic Noodle Workout	M & W	5:30 PM	Wyse Commons
Gentle Movement	M, W & F	9:30 AM	Wyse Commons
(Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)			
Parent & Child Water Wonders (Beginner/Advanced)	T	4:00 PM (30 min.)	Wyse Commons
Oct. 4 - Nov. 22, 8 weeks - \$32			

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
Zumba Step®	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 21 or more - \$50			

**Yoga Classes:** Yoga classes cannot be mixed & matched with other classes. Mat is required for classes.

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHCBeck Mtg. Rm.
Yoga	T	5:00 PM	FCHC Beck Mtg. Rm.
10 classes - \$47, 20 classes - \$74			

Evergreen	Day(s)	Time	Location
Yoga	M & W	7:00 PM	Evergreen Schools
10 classes - \$47, 20 classes - \$74			
No class Nov. 23.			

Swanton	Day(s)	Time	Location
Yoga	T & TH	7:15 PM	Trinity United Methodist
10 classes - \$47, 20 classes - \$74			

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
Yoga – Gentle	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate	M & TH	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60			

### ***Stretch & Balance***

This class focuses on stretches for the entire body and includes balancing poses as well as a relaxation segment.

### ***Tabata Fire***

Tabata is a system of short, high-intensity intervals developed by Japanese Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

### ***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 Thrive***

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body. Total Body Thrive is specifically designed to make you sweat!! From circuit-style routines that jump-start cardio fitness, to muscle-toning exercises using dumbbells, exercise bands, or even the participant's own body weight, each class will bring its own unique challenges. No two classes are the same!

### ***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®***

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance - fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

### ***Zumba® Step***

Zumba® Step is a fitness program like no other! It provides a variety of dance and fitness combinations in a fun and innovative way, while providing a challenge for participants.



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

**Patti Finn,**

Chief Executive Officer

**Carl Hill**

President, Board of Directors

**Steve McCoy**

Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.



# PREPARING FOR THE WORST

(Continued from page 6)

Sigg represents FCHC by attending monthly regional meetings with the Northwest Ohio Healthcare Emergency Management Coalition, where members from 18 counties in northwest Ohio meet to discuss Emergency Preparedness. “Within these meetings, individuals share real-world events they have been involved in as well as the lessons learned from those incidents,” says Sigg. “This coalition provides a great support system for the healthcare facilities involved. We also have strong ties within Fulton County through the Local Emergency Planning Committee. The individuals who make up this committee include law enforcement, healthcare, public health, EMS, EMA, fire, schools, and industry.” Sigg says that through this committee, the entities involved are able to drill emergencies in the county to strengthen ties to one another and promote unity so everyone supports each other. “In the event of an actual emergency, no one can do it on his or her own,” says Sigg. “We must pool our knowledge and resources to get us through.”

In addition to the annual drill that is held, FCHC also holds quarterly Emergency Preparedness meetings to review procedures and discuss any new health crisis, like Zika, that is a potential disaster for FCHC. Committee members are required to hold

Incident Command Structure (ICS) certifications, at a minimum, for 100, 200, and 700 courses. The ICS certification teaches health care professionals, fire, and law enforcement how to develop and work within an emergency preparedness plan. FCHC has also developed two key components of its Emergency Preparedness System. The 96 Hour Sustainability Plan ensures that FCHC would be sustainable on its own for 96 hours during a disaster situation. It addresses such things as power from generators, supplies, medications, water, and food for both patients and staff. The Continuity of Operations Plan (COOP) provides FCHC with direction in the event of a catastrophic event where it would be deemed necessary to determine what essential services the facility would continue to maintain. The plan outlines the duties of the COOP Team in the process of returning to full operations.

“A few years ago we had a bus crash, and there were multiple victims who needed emergency care,” says Demaline. “Hopefully, we’ll never see the day where we have to implement our emergency plan and tap into our resources for something worse. Regardless, we have to be prepared even for local events, because emergency situations can happen anywhere at anytime to anyone.”