

A publication of Fulton County Health Center

Health *Centering*

Outpatient Rehab Moves to Main Campus

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Volume 33, No. 4 Fall, 2017



**Fulton County
Health Center**

Completing the circle of care

Change is happening at Fulton County Health Center, and it's a type of change that will benefit patients. As part of its long-term plan to better meet the wellness needs of the community, FCHC is in the process of moving its Outpatient Rehabilitation services from its Elm Street location in downtown Wauseon to its main campus.

In early September, the Outpatient Rehabilitation Department will begin operating out of the ground floor off of the North Medical Office Building. The Outpatient Rehabilitation Department consists of Physical, Occupational and Speech Therapy. The Elm Street location will then become the new home of the Corporate and Community Health Promotion Department for wellness and fitness. The Elm Street location will continue to house the Aquatic Physical Therapy program as well as an offsite lab drawing station.

Therapy Patients Will Benefit

"This is a benefit for our patients who are undergoing outpatient rehabilitation, since they will have easier access to our other services," says Kristy Snyder, FCHC Chief Operating Officer. "They'll be closer to our Radiology Department for diagnostic testing. They will also have greater access to our Laboratory services, since that department on the main campus is open much longer than the lab drawing station at the Elm Street location. The move will make it easier for patients to access all of our many outpatient services, such as our Pain Clinic, Diabetes Education and Respiratory Therapy. They will also be able to visit with their doctor if that physician's office is on campus. Overall, it just allows for better coordination of care." In addition, therapy patients will also have access to the Health Center's main cafeteria.

The new location provides a patient drop off area with a large canopy at the entrance of the North Medical Office Building. The canopy will be especially beneficial during inclement weather for patients needing therapy who may not be as mobile as they once were. Once inside, patients will walk down a short hall through a set of double doors to the new rehabilitation area. The space for Outpatient Rehabilitation is currently being renovated to

Outpatient Rehab Moves to Main Campus



The Aquatic Physical Therapy program will remain at the Elm Street location.

create one large room with several adjacent treatment rooms.

Once the Outpatient Rehabilitation Department has been relocated, FCHC will convert its Elm Street facility into an expanded Wellness and

Fitness Center, where it will become the new home of the Corporate and Community Health Promotion Department.

"We will move some of our therapy equipment to the main campus, such as our NuSteps, treadmill and upper body cycle," says Karen Lance, Director of Outpatient Rehabilitation. "We will also purchase some new equipment for the Outpatient Rehabilitation area on the main campus. But most of the exercise equipment will remain at the Elm Street location. The equipment that is moved to the main campus will be replaced to maintain the integrity of the fitness area for our members."

Lance says there are some hidden opportunities to the move. "The Elm Street location was a one-story building near downtown Wauseon. In our main Health Center facility, we will have



The new location of the Outpatient Rehabilitation Department provides a patient drop off area with a large canopy at the entrance of the North Medical Office Building. This is especially helpful during inclement weather.



access to a real flight of stairs, plus long hallways and even a sidewalk outside with an incline. We can use those with patients undergoing therapy for functional mobility.”

She also says the pediatric treatment area will offer more privacy, since it has a door that can be closed during use.

Fitness & Wellness Programs To Benefit

“We are excited to be moving to our own building and the opportunities it will offer our clients,” says Sharon Morr, Director of the FCHC Corporate and Community Health Promotion Department. “Before the move, our fitness classes were scheduled around patient therapy sessions. So, we offered a lot of morning and evening classes as a result. Since therapy is moving to the main campus, we will be able to offer classes at other times such as mid-afternoon.” The Elm Street location is currently being referred to as the FCHC Wellness Center.

“The Elm Street facility also has a kitchen area, which opens up opportunities for us to offer healthy recipe cooking classes and to do more with nutrition and weight manage-



Physical Therapy Assistant Lisa Aschliman, PTA (right) uses a theraband to help a patient improve upper body strength.

“We are excited to be moving to our own building and the opportunities it will offer our clients.”

—Sharon Morr, Director of the FCHC Corporate and Community Health Promotion Department

Courtney Fisher, Lead Fitness Trainer (left), monitors fitness member Ivan Hite as he does bicep curls with dumbbells at the FCHC Wellness Center on Elm Street in Wauseon.



ment,” says Morr. “We may even offer health screenings at the Elm Street location. Over time we will grow into the facility, and that will mean more choices for area residents.”

The Elm Street location will continue to offer fitness memberships (see related article) to members of the community. Fitness members will soon have complete access to the exercise equipment the entire time the facility is open. Previously, patients undergoing therapy had priority on the equipment over fitness members.

A Long-Term View

“Change is never easy,” says Patti Finn, FCHC CEO. “So I applaud our staff members who have been working hard to make the moves for our Outpatient Rehabilitation and Corporate and Community Health Promotion Departments. We have a long-range plan over the next 100 years that maps out changes and improvements to our campus, and this is just one more step in that ongoing process.”



FCHC Fitness Memberships

Fulton County Health Center offers fitness memberships at the FCHC Wellness Center, formerly the FCHC Rehab Center, located at 138 East Elm Street in Wauseon. Fitness memberships are for those seeking to use exercise equipment to improve their health. A fitness membership at the Wellness Center allows for use of exercise equipment along with guidance from a Personal Trainer/Exercise Specialist to help you develop a fitness plan to meet your health goals.

Hours of Operation

Monday - Thursday, 6:30 am - 8:00 pm

Friday, 6:30 am - 5:00 pm

Saturday, 8:00 am - 12:00 noon

Equipment

Membership includes an on-staff Fitness Trainer during all hours of operation for general questions and assistance. The FCHC Wellness Center has treadmills, bikes, upper body ergometers, ellipticals, a stair stepper, free weights, exercise balls, and numerous weight machines to assist you with your health goals. (Continued on page 4)

Message from the CEO

Two years ago in our fall 2015 issue of *Health Centering*, we introduced our 100 Year Plan. Well, I can assure you we are taking steps to implement that plan. The most noticeable change is the construction that has begun on our new South Medical Office Building near the Emergency Department.

Our lead story in this issue covers another change - the ongoing move of our Outpatient Rehabilitation Department from our Elm Street location to our main campus. Once that move has been completed, our Corporate and Community Health Promotion Department will move from our main facility to the Elm Street location. Once again, these changes are designed to improve patient and client access to our many services.

This issue includes a story about staff member Rosemary Fisher, who helped save a man's life with CPR. Please take time to read that article, then make it a priority to learn CPR with your family members if you haven't already done so.

We share another interesting article about a mother/daughter physician practice here in Wauseon. Dr. Melissa Pifer recently joined her mother, Dr. Kimberly Hagerman, in Hagerman Family Physicians. It is unusual for a parent and child to practice medicine together, and even more unusual for a mother/daughter team. We like to think we are trendsetters here in Wauseon! Other physician news that is covered in this issue includes our welcoming to town a new pediatrician, Dr. Shailendra Misra, as well as welcoming back general surgeon Dr. Arun Kumar Baskara from his fellowship training.

This newsletter also includes many health and fitness classes from which to choose. Stay healthy and enjoy the beautiful fall colors we are sure to have in the coming weeks.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer



FCHC Fitness Memberships (Continued from page 3)

Getting Started

A **free** fitness assessment is included with your fitness membership. Call 419-330-2724 to schedule an appointment with a Fitness Trainer. The fitness assessment includes:

- ✓ Generalized health history overview
- ✓ Body fat analysis
- ✓ Blood pressure check
- ✓ Education on personalized exercise program

Please wear comfortable clothing and proper footwear. Certain situations will require a physician's approval to participate in an exercise program. If this is necessary, we will assist you in obtaining this.

Pricing

Membership Rates (All rates include tax)

Single 1 MO. \$35.00 3 MO. \$100.00 6 MO. \$174.00 12 MO. \$286.00

Family 1 MO. \$50.00 3 MO. \$147.00 6 MO. \$259.00 12 MO. \$425.00

Corporate Same as above with one extra month (5 employee minimum) excludes 1 Month Members

Seniors (65 & Over)*

Single 1 MO. \$26.00 3 MO. \$75.00 6 MO. \$131.00 12 MO. \$215.00

Family 1 MO. \$38.00 3 MO. \$110.00 6 MO. \$195.00 12 MO. \$320.00

*These rates also apply to law enforcement, fire department personnel, EMS, and clergy.

Fitness Class Participants (Membership rates for current class participants only)

Single \$32.00 7 WEEKS

Family \$55.00 7 WEEKS

Payment in full is due upon admission to the fitness program.

- ✓ Membership for those under 18 requires parental authorization and physician approval.
- ✓ FCHC employees are offered a discount on membership.
- ✓ Fitness Classes are provided at locations throughout the area by FCHC Corporate and Community Health (Call 419-330-2724 for more information)

All fitness members at the FCHC Wellness Center also receive a 10% discount on all general fitness classes excluding yoga and children's classes.



Construction Update

Work is progressing on the new 62,000 square foot South Medical Office Building. An ambulatory parking lot for Emergency Department drop off patients has been created in front of the Emergency Department. Work has also begun to expand our south parking lot by 150 spaces. That work will be completed in October. A temporary construction drive off of Leggett Street has been added to improve traffic safety as equipment comes into the construction area. The temporary drive will help to minimize the interruption of traffic flow around our campus.

A Mother & Daughter Doctor Team

How unusual is it for a mother and daughter to both become doctors and eventually work in the same medical practice? Well, it has happened here in Wauseon. On July 17, Melissa Pifer, MD, a Family Practice physician, joined her mother, Kimberly Hagerman, MD, at the office of Hagerman Family Physicians. Dr. Hagerman has been on the active medical staff at Fulton County Health Center since 2001, and Dr. Pifer just joined the active staff in July. They each have a strong desire to work with people of all ages, from birth to their elderly years.

Dr. Hagerman began her medical career as a Registered Nurse, after receiving her Associate Degree in Nursing from Owens Community College. She worked primarily in the Obstetrical Department at Defiance Hospital. "I saw the doctors around me doing more for their patients than what I could do with a nursing degree, so that motivated me to get my Medical Degree," says Dr. Hagerman. She obtained her Medical Degree from the former Medical College of Ohio and began practicing in Wauseon in 2001. Her medical practice focuses on newborns to the elderly, and she has a special interest in mothers and babies.

"I joined the medical staff at Fulton County Health Center because I believe they are an excellent community hospital that continues to grow as they expand their facilities and improve their medical services and technology," says Dr. Hagerman. She is also the Medical Director of Fulton Manor long-term care facility on the FCHC campus.

Dr. Pifer received her Medical Degree from The University of Toledo College of Medicine. She completed her residency at the W.W. Knight Family Practice



In July, family practice physician Melissa Pifer, MD (right) joined her mother Kimberly Hagerman, MD (left) at the office of Hagerman Family Physicians.

Residency in Toledo with training at The Toledo Hospital and Toledo Children's Hospital. Her focus covers newborns to geriatrics, and she also plans on caring for patients at Fulton Manor and providing inpatient care at FCHC. Dr. Pifer has a special interest in Adolescents and Women's Health. "I like the continuity of care I can provide to an individual over their lifetime," says Dr. Pifer. "Plus, Family Practice medicine allows me to see multiple family members and to communicate with them about a loved one's health."

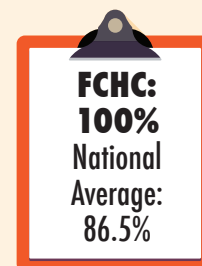
"I am excited to join my mother's practice and to move back home where I grew up," says Dr. Pifer. Both Dr. Pifer and Dr. Hagerman have deep roots in northwest Ohio, having graduated from Napoleon High School.

Dr. Pifer is accepting new patients. To schedule an appointment, call Hagerman Family Physicians at 419-335-0351. Hagerman Family Physicians is located at 128 Depot Street, Wauseon.

FCHC Participates in Colon Cancer Quality Reporting

Since 1991, FCHC has been accredited by The Commission on Cancer. Each year cancer registrars from accredited health care facilities across the country report cancer statistics to the National Cancer Database. The Commission on Cancer then analyzes this data and publishes an annual Cancer Quality Improvement Program Report with the results.

The cancer statistics from FCHC are compared to 1,432 other accredited programs to assure that each program meets quality standards as set forth by the Commission on Cancer. Here are some highlights from our most recent Cancer Quality Improvement Program Report. The results are based on the analysis of patient data from 2015. FCHC was ranked against 1,432 other facilities in two different studies that analyzed whether patients were treated according to nationally recognized guidelines and standards.

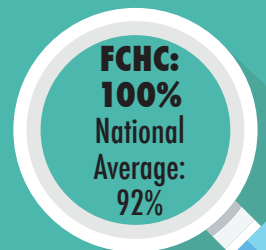


Study #1

ACT: Adjuvant chemotherapy is recommended in patients whose colon cancer has spread to the lymph nodes.

Study #2

12RLN: At least 12 lymph nodes are removed and examined when a curative colon cancer surgery is performed.



At FCHC, we strive to promote early diagnosis of colon cancer through events sponsored by our Corporate and Community Health Promotion Department. In addition, we provide state-of-the-art surgical and treatment options that allow patients to be treated locally rather than having to travel to larger facilities. For more information about the Cancer Quality Improvement Program Report or our Oncology/Hematology Clinic and Treatment Center, contact Leisa Britsch, RN, BSN, OCN, at 419-330-2708.

RACING to Save a Life

It began as a simple 5K road race on a hot and humid Fourth of July weekend in Hilton Head Island, South Carolina. But for FCHC staff member Rosemary Fisher, MSN, RN, CNP, the race quickly became an emergency to save another human's life.

Fisher's husband and oldest son had signed up for the Hilton Head race, so she decided to join in despite not being a serious runner. "I run to feel better and have fun," says Fisher, who works as a Nurse Practitioner in the outpatient department at FulCare Behavioral Health here at FCHC.

The race started without incident, but a mile into it Fisher heard a commotion 10 yards behind her. She turned to see a male runner lying motionless on his back and immediately decided to turn around and run back to help.

Fisher and another runner were the first to stop and quickly assessed the man. After discovering he had no pulse and was not breathing, they began CPR (Cardiopulmonary Resuscitation) and yelled to a race worker to call 9-1-1. Two other runners stopped to offer help but admitted they did not know how to perform CPR.

Fisher began performing chest compressions and learned that the man assisting her was a cardiologist. Despite the chest compressions, the man was quickly turning gray so the doctor took over compressions and Fisher began mouth-to-mouth. "We kept that up until the paramedics arrived and put the heart monitor on him. Since the man was in V Fib (Ventricular Fibrillation), they quickly used a defibrillator to shock him one time. He immediately opened his eyes. I thought to myself, we just saved this man's life. All this happened within five minutes, although it felt like eight to ten minutes."

At that point, Fisher and her doctor companion were no longer needed, so she rejoined the race.

But a half-mile from the finish line a female runner suddenly collapsed in front of her. Once again, she stopped to help. This time the woman had a pulse and was breathing but was unresponsive, so Fisher asked several runners to get cold water for her to put on the woman's neck and arms while she helped maintain her airway. "I think the woman was having a heat stroke and not a heart attack," says Fisher. Soon after, the EMTs arrived and Fisher was able to finish the race.

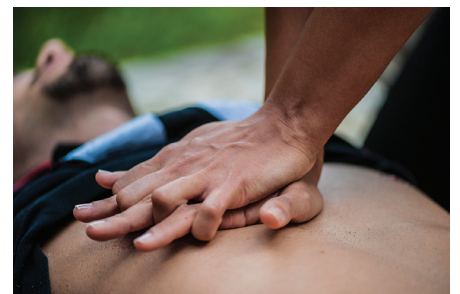
"This isn't a story about me helping to save a life. It's really a story of how important it is for people to know how to perform CPR, because you never know when or where you may need to use it to save a life."



—Rosemary Fisher, Nurse Practitioner
in the outpatient department at FCHC's
FulCare Behavioral Health program

Fisher receives her CPR training through FCHC's Corporate and Community Health Promotion Department's class offerings, and renews it every two years (see related article). "I encourage everyone to take the class and learn how to save a life through CPR."

This story has a happy ending. Ron, the 52 year-old man whose life she helped saved, has fully recovered and communicated his thanks and appreciation to Fisher. "I'm just glad my CPR training helped me save this man's life."



CPR: Training To Save a Life

Rosemary Fisher's life-saving experience had a happy ending because she knew how to properly perform CPR (Cardiopulmonary Resuscitation).

"We offer CPR classes to individuals, corporations, businesses and other organizations," says Sharon Morr, Director of FCHC's Corporate and Community Health Promotion Department. "I can't emphasize enough how important it is for everyone to know CPR, because you don't want to be faced with a situation where you may be the only one who could help to save a life."

Throughout the year, FCHC offers American Heart Association CPR & First Aid classes at a minimal cost. This fall there will be two classes offered on September 16 and November 4. It even offers specialized training for health care providers, with classes on October 7 and December 2 (see Fitness & Wellness Class section). CPR classes are also listed on the FCHC web site: fultoncountyhealthcenter.org, then clicking on Health & Wellness Programs.

Welcome Back, Dr. Baskara!

Arun Kumar Baskara, MD, FCHC general surgeon, has returned from a one-year Advanced Laparoscopic Fellowship at St. John's Hospital and Medical Center in Detroit. He now has office hours in the FCHC North Medical Office Building, Suite 104, on Monday's and every other Friday. Appointments can be made by calling 419-330-2740. Dr. Baskara performs surgery every Thursday and handles endoscopic diagnostic procedures every Friday morning. We are pleased to have him back at FCHC!



Arun Kumar Baskara, MD

Pain Clinic Welcomes New Physician

FCHC is pleased to welcome Roger Thomas, MD who joins our Pain Clinic. Dr. Thomas is a graduate from Northeast Medical University and completed his residency in Physical Medicine and Rehabilitation at the University of Missouri-Columbia School of Medicine. The Pain Clinic at Fulton County Health Center offers treatment for patients with a variety of pain related conditions including chronic pain of the joints, neck, back; pain from trauma or cancer; post-operative pain; headaches, and many other common and uncommon pain problems. The Pain Clinic is located on the second floor at Fulton County Health Center in our Endoscopy Department. Dr. Thomas is accepting new patients. To make an appointment, call our Endoscopy Department/Pain Clinic at 419-330-2744.

1- Day Free Admission to Sauder Village

FCHC will sponsor the Community Health and Fulton County Day at Sauder Village in Archbold on Sat., Oct. 21, 10:00 a.m. - 5:00 p.m. Fulton County residents will receive free admission to Sauder Village that day by showing their ID. FCHC employees, who are not Fulton County residents, will also receive free admission by showing their FCHC ID badge. FCHC staff members, as well as health and wellness professionals from other organizations, will be on hand to provide various health screenings and information. Watch your local papers for more details.

Road to Wellness Conference

The 9th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 3, 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 "The Journey to Health & Relaxation" and will offer various topics, including:

- * Mental Health
- * Obesity
- * Cardiovascular Health
- * Updates on FCHC changes, additions and a five-year plan - FCHC CEO Patti Finn
- * Road Tripping in Northwest Ohio - things to do in Fulton County courtesy of the Fulton County Visitors Bureau
- * Door prizes provided by the various vendors

FCHC will provide free blood glucose and blood pressure screenings for attendees during the registration period from 9:30 - 10:00 a.m. and at the lunch break. 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.

Golf Tournament a Success

The 18th annual golf tournament was held on June 8, and 32 teams participated. First place went to the F & M Bank Team, consisting of Doug Shaw, Dave Gerken, Chad Bzovi and Larry Zimmerman. The tournament made \$37,489.48. The proceeds will be used to update and remodel the Nursing stations in Fulton Manor, as well as the patient lounge areas. The Auxiliary is happy to partner with the hospital for this project.

Fun Fact. Our first golf outing in 2000 made \$1,300. It has been an annual event ever since. Through the years, the golf outing has cumulatively brought in \$442,487.61. Our biggest year was in 2013 when we made \$42,694.91. We look forward to the support of the community in 2018.



Emergency Department CT Scanner Is Operational

The FCHC Emergency Department's new 64-slice CT scanner has been installed in the department and is operational 24/7. This now allows for faster and more convenient access to diagnostic scans for Emergency Department patients. Emergency Department patients previously had to be transported to FCHC's Radiology Department, which has a 128-slice CT scanner.

FCHC Auxiliary Events

The Auxiliary works very hard to bring you fun sales, to keep the FCHC Gift shop open, and to make money to help FCHC be more beautiful and comfortable.



Sept. 20.....	Lula Roe sale FCHC cafeteria
Oct. 12-13	\$5 jewelry sale FCHC cafeteria
Oct. 25-26	Passion for Fashion FCHC cafeteria
Nov. 2.....	Roberts Uniforms Fulton Manor Activities Room
Nov. 13-14	Collective Goods (formerly Books Are Fun) FCHC cafeteria
Nov. 30.....	Poinsettia Sale Pick Up Order from the FCHC Gift Shop or an Auxiliary member.

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.



Health & Wellness Programs

Register on-line at 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.

Fire Up Your Metabolism

What is metabolism and how does it work? Jumpstart your fitness and/or weight loss goals by taking control of your metabolism. Proven principles to burning fat and losing weight forever. This 8-week class is taught by a Registered Dietitian/Personal Trainer and will be held on Tuesdays, Sept. 26 - Nov. 21, 12:00 noon or 4:30 p.m., \$40, FCHC Wellness Center.

Introduction to Cooking

Eating well and healthy can be simple with basic cooking skills. Learn hands on basics of cooking and sample the final product. Mon., Oct. 2, 5:30 - 7:00 p.m., \$5, FCHC Wellness Center. Taught by Registered Dietitian.

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. 10, 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. 31, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Comfort Food Cooking

Comfort foods are a staple in many families. Learn to prepare and modify your favorite comfort foods in healthy and delicious ways. Tues., Nov. 7, 5:30 - 7:00 p.m., \$5, FCHC Wellness Center. Taught by Registered Dietitian.

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. Thurs., Nov. 9, 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 Meal Preparation

Please everyone with good ole' holiday favorites! Learn ways to modify recipes that have been in the family for years, without your family ever knowing! Thurs., Dec. 7, 5:30 - 7:00 p.m., \$5, FCHC Wellness Center. Taught by Registered Dietitian.

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. 9, 16, 23 and 30, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.



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., Sep. 16 or Nov. 4, 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. 7 or Dec. 2, 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 baby sitter. Class covers growth and development and safety for the sitter as well as the children, and much more. Please bring a sack lunch. Beverages/snacks provided.

Sat., Sept. 23, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Sat., Sept. 30, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., Oct. 7, 9:00 a.m. - 3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., Oct. 14, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.

Sat., Oct. 21, 9:00 a.m. - 3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735.

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., Nov. 16, 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.



Obstetrics: Partners in Pregnancy Programs

Obstetrics: Partners in Pregnancy Programs
To register for classes call the FCHC OB Unit at 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 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 even months. Includes OB department tour and stamping a T-shirt for the baby. Free, 1 session.

Diabetes Education

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

New Classes!

Taking Charge of Blood Sugars Through Daily Choices

Individual training that includes a 5-visit series with an RN Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars. \$150 for series. Call 419-330-2772 to schedule.

Taking Charge of Blood Sugars Mini-Series

Two visits with an RN Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars. \$75 for two classes. Call 419-330-2772 to schedule.

Diabetes Education Community Classes

at local Senior Centers. Open to any senior age 60 or older. For more information, please call 419-337-9299.

Tues., Sept. 26, 11:00-11:45 a.m., Delta Senior Center, Delta Methodist Church, 101 Northwood Dr.

Mon., Oct. 2, 11:00-11:45 a.m., Swanton Senior Center, 217 Chestnut Street, inside Community Center.

Wed., Nov. 15, 11:00-11:45 a.m., Wauseon Senior Center, 240 Clinton St.



Weight Loss Surgery

Attend this free seminar on Mon., Sept. 11, Oct. 2, or Nov. 6 at 5:00 p.m., in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

Weight Loss Support Group

The Weight Loss Support Group will be held Sept. 26, Oct. 24 and Nov. 28 at 5:00 p.m. in the FCHC Beck Meeting Room. Please call 419-337-7373 to RSVP.

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).



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health and Wellness Programs), or call 419-330-2735. Most classes (unless otherwise noted) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 18 – Nov. 25; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

*** Please note: The FCHC Wellness Center is the former FCHC Rehab Center, located at 138 E. Elm Street, Wauseon.**

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 360

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. The Step 360 will be incorporated in to this workout! Who knew that exercising could be this fun!

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.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Wellness Center
Zumba®	T & TH	7:00 PM	FCHC Wellness Center
Tabata Fire	M, W & F	5:30 AM	FCHC Wellness Center
Drums Alive® (Begins Sept. 30)	SAT	9:30 AM	FCHC Wellness Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Wellness 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 Department.)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Wellness Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Wellness Center
Tai Chi	T	5:00 PM	FCHC Wellness Center

Pound®	M & W	6:45 PM	FCHC Wellness Center
Pound®	SAT	10:45 AM	FCHC Wellness Center
Begins Sept. 30. 10 classes - \$47, 20 classes - \$74, Mat is required. Cannot be combined with other class pricing			

Wauseon Aquatics	Day(s)	Time	Location
Aqua Zumba®	T & TH	8:30 AM	FCHC Wellness Center
Aquatic Noodle Workout (Beginner)	T	5:30 PM	FCHC Wellness Center
Aquatic Noodle Workout (Advanced)	T	6:30 PM	FCHC Wellness Center
Aquatic Noodle Workout	TH	5:30 PM	FCHC Wellness Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Wellness Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Wellness Center
Arthritis Aquatics	M & W	5:15 PM	FCHC Wellness Center
SilverSneakers® Splash	T & TH	9:30 AM	FCHC Wellness Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Wellness 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 Wellness Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Wellness Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM (30 min.)	FCHC Wellness Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Wellness Center
Sept. 30 - Nov. 18, 8 Weeks - \$32			

Fayette	Day	Time	Location
Cardio Core	W	6:30 PM	Fayette Jr. H.S. Gym
Pound®	M	6:30 PM	Fayette Jr. H.S. Gym
10 classes - \$47, 20 classes - \$74, Mat is required. Cannot be combined with other class pricing			

Napoleon	Day	Time	Location
Tai Chi	F	2:00 PM	Henry County Sr. Center

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

Health & Fitness Classes

Swanton	Day(s)	Time	Location
Cardio Core	T	5:30 PM	Crestwood Elementary
Drums Alive® (Drums Alive participants must bring a stability ball & mat)	TH	5:30 PM	Crestwood Elementary

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	8:30 AM	Wyse Commons
Aquatic Noodle Workout	M	5:30 PM	Wyse Commons
Gentle Movement (Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)	M & W	9:30 AM	Wyse Commons

Parent & Child Water Wonders (Beginner/Advanced) Sept. 20 - Nov. 1, 8 weeks - \$32	W	4:00 PM (30 min.)	Wyse Commons
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Archbold (Co-sponsored by Archbold Parks & Recreation Dept.)	Day(s)	Time	Location
Cardio 360	M & W	5:30 PM	Park Pavilion
STRONG by Zumba® 10 classes - \$27, 20 classes - \$40, 21 or more - \$50	T & TH	5:30 PM	Park Pavilion
Pound® 10 classes - \$40, 20 classes - \$60, Mat is required. Cannot be combined with other class pricing	M & W	6:45 PM	Park Pavilion

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	FCHC Beck Mtg. Rm.
Yoga 10 classes - \$47, 20 classes - \$74	T	5:00 PM	FCHC Beck Mtg. Rm.

Evergreen	Day(s)	Time	Location
Yoga 10 classes - \$47, 20 classes - \$74	M & W	7:00 PM	Evergreen Elem. Media Center

Pioneer	Day(s)	Time	Location
Yoga Begins Oct. 4, 10 classes - \$47	W	6:00 PM	Church of the Nazarene

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

Archbold (Co-sponsored by Archbold Parks & Recreation Dept.)	Day(s)	Time	Location
Yoga – Gentle	T	7:00 PM	Park Pavilion
Yoga – Intermediate	M	7:30 PM	Park Pavilion
Yoga 10 classes - \$40, 20 classes - \$60	TH	7:00 PM	Park Pavilion

New!!!! POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level.

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.

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 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.

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.

A New Pediatrician in Town



Shailendra Misra, MD, a new pediatrician in town, has joined the West Ohio Pediatrics practice.

FCHC is pleased to welcome pediatrician Shailendra Misra, MD to its medical staff, where he joins Christopher Meyer, MD at West Ohio Pediatrics. Dr. Misra received his medical degree from Kasturba Medical College in Manipal, India. He completed a three-year pediatric residency at the former Medical College of Ohio in Toledo and a fellowship in Pediatric Emergency Medicine at Children's Hospital of Michigan in Detroit.

"I spent my whole life living in Canada, but after completing medical school there were limited residency opportunities for me in Canada," says Dr. Misra. "That situation brought me to the Medical College of Ohio for my pediatric residency. I could have begun practicing as a full-time physician after that, but I didn't feel I was totally prepared at that point, so I expanded my knowledge and experience with a fellowship in Pediatric Emergency Medicine in Detroit."

Dr. Misra says he enjoyed the excitement and pace of the Emergency Department, and that led him to accept a position in the Emergency Department of a large hospital where he cared for up to 8,000 children a year.

"I had this nagging desire to cultivate a doctor-patient relationship with my patients, but I couldn't do that as an ER physician," says Dr. Misra. That situation, coupled with a desire to spend more time with his family, led to his joining Dr. Meyer at West Ohio Pediatrics. "I had actually worked with Dr. Meyer for a time, and when I was ready to move into private practice we discussed me joining him. Here I am."

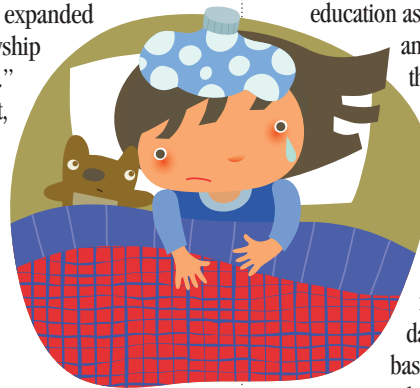
Dr. Misra says he and Dr. Meyer share the same philosophy about working with patients. "We want to get to know the young patients and their families," says Dr. Misra. "We want to answer questions in simple, but not elementary, terms so kids and parents can understand why they are being seen by a physician, what happened during the visit, and what to watch for in case they need to return. The

bottom line is that we want the visit to truly mean something to them."

"My childhood was spent growing up in small towns where everyone knew you, and there was a sense that people cared about you. I am extremely grateful to return to the small town atmosphere of Wauseon where I can treat people like family. I want to learn your child's name and remember it, watch your child grow, and know that I was a small part in their life."

Dr. Misra offers complete pediatric care, from newborn to young adult. He places great emphasis on education as well as prevention. "When parents and children understand their illness, they are better able to cope with it and follow through with treatment guidelines," he says.

Dr. Misra is married with three children. His wife is a Nurse Practitioner. They are an active family that enjoys swimming, dancing, gymnastics, softball, basketball, cross country running, marathons and triathlons.



West Ohio Pediatrics is located at 725 South Shoop Avenue, Suite 204, in Wauseon. Dr. Misra is accepting new patients. To schedule an appointment, call West Ohio Pediatrics at 419-335-3333.

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

Patti Finn, Chief Executive Office | **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.