

A publication of Fulton County Health Center

Health *Centering*

Fulton Manor: *Helping People Get Well*

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

FULTON MANOR

Helping People Get Well

In this country the nursing home industry has seen many evolutionary changes over the years. First there was the creation of assisted living facilities to complement the long-term care of nursing homes. Independent living units came next, offering people the opportunity to live independently while relinquishing many of the daily chores of maintaining a home. Perhaps the most significant change has been the industry's focus on helping people to get well and then maintain a high quality of life.

Fifteen years ago Fulton County Health Center entered into the nursing home industry by building a 71-bed Fulton Manor Skilled Nursing Facility on its campus, along with a 15-bed Fulton Suites Independent Living Facility. Fulton Manor provides residents with three balanced meals a day, laundry and housekeeping services, 24/7 skilled nursing care and a variety of activities to keep residents engaged and active. Fulton Suites provides residents with a private suite consisting of a bedroom, living area, bathroom and kitchenette for making their own meals. "No matter what condition people are in when they first come to Fulton Manor, our goal is



Mary Jo Smallman, LNHA, Fulton Manor/Fulton Suites Administrator, talks to a resident in the front lobby of Fulton Manor.



to help them get well and return to leading a productive life," says Mary Jo Smallman, LNHA, Administrator of Fulton Manor and Fulton Suites.

A Variety of Customers

Smallman says everyone is her potential customer. "Some of our residents come directly from their homes when they and their family feel it's time mom or dad can't live alone anymore." That could mean the household maintenance is too much and Independent Living at Fulton Suites is the answer. It could mean they need skilled nursing care to help them with medications, bathing, mobility, and other daily activities.

"Sometimes the person is a patient at our hospital and needs post-surgical rehab or they need skilled nursing care because they are too weak to go home. When they are discharged from the hospital they can move into one of our skilled rehab units at Fulton Manor to get the care they need to get stronger and more mobile so they can return home."

Providing a High Level of Care

"People are coming to us sicker than ever before," says Smallman. "That makes our long-term care nursing even more of a specialty." Fulton Manor is dually certified to accept Medicare and Medicaid payments along with private pay from insurance companies. It



provides 24/7 skilled nursing care with coverage by a Registered Nurse. Fulton Manor skilled residents receive a complete head-to-toe health care assessment at least

twice a day by a licensed nurse. The nursing staff is complete by having state tested nursing assistants who deliver the majority of the daily direct care. In addition, Fulton Manor also has on staff a Registered Nurse who is a Certified Wound and Ostomy Nurse (CWON). That staff member visits all of the residents, provides input for preventative skin care and manages any wounds they may have.

A few years ago Fulton Manor adopted a "consistent staffing" philosophy, where the same nursing staff are assigned day-after-day to a specific area of the facility, allowing them to know how to deliver personalized care. "This enhanced the quality of care because our staff really knows the residents quite well and can detect even little changes in their health since they see them every day," says



Robin Carpenter, LPN, helps a resident with her medications.

Smallman. She says the residents become quite close to staff members and vice versa. "Our staff becomes an extension of their family."

Keeping Residents Engaged

A key part of the Fulton Manor program is to engage residents in regular exercise and activity programs. Residents are encouraged to keep moving and to participate in group activities so they stay physically active and mentally alert. "It's a key to giving residents quality of life and enjoyment," says Smallman. Fulton Manor residents also enjoy field trips to places like the local movie theater, local shopping establishments, the Toledo Zoo, Fifth Third Field for Toledo Mud Hens games, and the Toledo Museum of Art. "Again, it's all about keeping them engaged and looking forward to every facility activity," says Smallman.

Single Campus Philosophy

The fact that Fulton Manor and Fulton Suites are on the main campus of Fulton County Health Center makes it quite convenient for

residents of the facilities to receive care. FCHC physicians come to Fulton Manor to check on their patients who are residents. If the resident needs any diagnostic testing performed or needs to be admitted to the hospital, they can be easily transported without having to travel on any outside roads. The DaVita Dialysis facility is also located on the FCHC campus for Fulton Manor residents who require that service. "Having Fulton Manor and Fulton Suites as part of our campus helps us to complete the circle of care we provide," says E. Dean Beck, FCHC Administrator. "Plus, residents are more at ease during a move since



(L-R): Kristy Graham, STNA, Kelly Johnston, STNA, and Sue Howard, LPN, gather to discuss a resident's care plan.

they are kept in familiar surroundings when going back and forth from Fulton Manor or Fulton Suites to our hospital or Medical Office Building."

Quality of Care is Primary

There are many changes occurring in the long-term care industry with the looming Medicare and Medicaid budget cuts for the industry. "It will hit us very hard," says Smallman. "But we're planning for it. It means we will have to do business differently. But we will not sacrifice the quality of our care regardless of these budget cuts."

For more information about Fulton Manor or Fulton Suites, contact Admissions at 419-335-2017, extension 2803.



Fulton Manor and Fulton Suites celebrated their 15th anniversary this past December.

REHAB:

A Key Part of Fulton Manor

Karen Lance, M.S., CCC-SLP, Director of Rehabilitation at Fulton County Health Center, pauses when asked to give an example of a typical patient seen by rehabilitation therapists. “We’ve worked with pediatric patients all the way up to elderly adults approaching age 100,” says Lance. “They’ve had strokes, injuries, illnesses, surgeries, just about anything that can cause them to need rehab. That’s why we offer such a broad range of therapy including Physical, Occupational and Speech Therapy.”

The FCHC Rehabilitation Center is located at 138 East Elm Street near downtown Wauseon. Although many rehab patients are seen on an outpatient basis at the Elm Street location, others receive rehab services at the Fulton Manor Skilled Nursing Facility on the FCHC campus or during their hospitalization at FCHC.

Physical Therapy: Regaining Function

“Most people probably think of Physical Therapy as it relates to the injured athlete or weekend warrior,” says Lance. “But there are many other types of patients who require Physical Therapy.” When FCHC’s orthopedic surgeons perform total hip and knee replacement surgeries, follow-up therapy is required. Many of these patients are moved from the Health Center to the Fulton Manor Skilled Nursing Facility for rehab. Therapy starts during a patient’s hospitalization and is provided to patients in their hospital room or the therapy room in the hospital.

“Physical therapy is all about improving range of motion and mobility, increasing strength, and reducing pain,” says Lance. Physical therapy may involve specific types of exercise for the patient; assisting them to walk again; transferring from a bed to a chair; or working on bending, reaching and turning. Physical Therapy often involves the use of exercise equipment, hot packs, ultrasound, electrical stimulation, massage, and at times even Wii™ games. The FCHC Rehab Center on Elm Street offers a therapeutic swimming pool for aquatic physical therapy as well as state-of-the-art equipment such as exercise bikes, treadmills, elliptical machines, and strength training equipment.

Short-term Rehabilitation at Fulton Manor can be for periods as brief as 5-7 days or longer term, approximately 2-3 months, for those with more



Andy Parsons, D.P.T., uses physical therapy exercises to help a patient strengthen her lower extremities following orthopedic surgery.

intensive rehabilitation needs. Therapy is typically provided 5 days per week. The goal is to return people to their homes, and if needed continue their therapy at the next level of care such as on an outpatient basis at the FCHC Rehab Center on Elm Street.

Occupational Therapy: Back to Daily Activities

Occupational Therapy is often confused with Physical Therapy because it uses many of the same modalities – exercise and functional movements, for example. But Occupational Therapy focuses on getting patients back to performing daily activities.

Stroke patients are often seen by Occupational Therapists who help them regain their strength and learn how to use adaptive tools that help them perform daily activities such as getting in and out of a bathtub, brushing teeth, buttoning shirts or blouses, putting on socks, reaching for food packages on a kitchen shelf, cooking on a stove, or washing dishes in the sink. Occupational Therapy will also assist patients who have had total



A patient who is unable to bend over learns how to use adaptive equipment to put on her shoes with guidance from Occupational Therapist Shelby VanBrandt, OTR/L.

hip and knee replacements to work on adaptive equipment as well as precautions and restrictions following the joint replacement.

Speech Therapy: More than Speech Problems

There are many different health problems that can be dealt with through Speech Therapy. “Our Speech Therapist will work with patients who have difficulty talking or swallowing, or those with speech problems or memory loss due to a stroke,” says Lance. “We’ll also work to help them read and write again.” Maybe they have Receptive Aphasia, where patients can hear but not comprehend what is being said. Or they have Expressive Aphasia, where



Speech Therapist Karen Lance, M.S., CCC-SLP, provides speech-language treatment to a patient.

they hear and understand but cannot respond in an understandable manner. Speech Therapy is used to assist all of these individuals.

Therapy for Any Age or Situation

“Anyone can benefit from therapy and exercise,” says Lance. A physician’s referral is required for therapy, so patients are advised to speak with their doctor if they feel they could benefit from therapy.

The FCHC Rehab Center on Elm Street also offers fitness memberships to area residents. An Athletic Trainer and Fitness Trainer are on staff to assist those who want to learn how to exercise properly to prevent injury.

“Our therapy staff provides an important service in getting people back to good health, whether it’s after a stroke or illness or surgery,” says E. Dean Beck, FCHC Administrator. “It’s part of how we provide that complete circle of care for patients.”

For more information about the FCHC Rehabilitation Department and any of its services, contact Karen Lance, Director, at 419-335-1919.

THE FCHC REHAB STAFF

The FCHC Rehab Staff includes 20 licensed and certified staff members providing Physical, Occupational and Speech Therapy as well as Athletic Training to area residents. The staff includes:

- 4 Physical Therapists
- 6 Physical Therapist Assistants
- 2 Occupational Therapists
- 3 Certified Occupational Therapist Assistants
- 2 Speech Therapists
- 1 Athletic Trainer
- 1 Fitness Trainer
- 2 Rehab Aides

The FCHC Rehab Staff provides rehabilitation services at our main Rehab Center facility, located at 138 E. Elm Street in Downtown Wauseon, and at the main campus of Fulton County Health Center. At the FCHC main campus we provide rehab treatment for residents at Fulton Manor as well as for inpatients at Fulton County Health Center.

Get a Health Checkup



Fulton County Health Center wants you to keep track of your health. Mark your calendars for:

FCHC Biennial Health Fair

Date: March 31st

Time: 7 a.m. – 11 a.m.

Place: FCHC Beck Meeting Room

Parking: South Lot – Use ER Entrance

Free Admission: Refreshments, Giveaways, Prizes

Sponsored By: The FCHC Corporate & Community Health Promotion Department

Screenings & Information (No appointments will be taken; cash or checks only)

1. **Comprehensive Blood Test** – \$30, normally \$400; requires a 12-hour fast – no food or drink
 - Lipid profile for heart health
 - Tests for liver & kidney health
 - Hemogram to detect infections or anemia
 - PSA for men: add \$25
 - A1C Screening – \$10 (finger stick)

2. Free Tests

- Blood Pressure Screening
- Dermascan Screen (for sun damage)
- Leg Strength & Endurance Testing
- Osteoporosis Screening
- Vision Test
- Hearing Test

3. Free Information (on these topics)

- Cancer
- Fitness Classes
- Hearing
- Heart Health – Provided by the FCHC Heart & Vascular Center and Cardiac Rehab Staff
- Stress Management
- Waist Measurement & Nutrition

Unsung Heroes Will Return

Our ongoing series about “The Unsung Heroes” of our Health Center has become quite popular with readers. Due to space limitations in this issue, we are unable to provide a story about a new group of “Unsung Heroes.” But, look for the series to return in our summer issue of *Health Centering*!

Message *from the* Administrator

There was a time when many people had a negative perception of nursing homes. But that image has changed significantly over the years, mainly because those nursing homes ... like our Fulton Manor ... have evolved into skilled nursing facilities whose goal is to help people get well and to have good quality of life. Today, our Fulton Manor staff helps patients undergoing rehabilitation after an accident, stroke, illness, or surgery. They provide skilled nursing care for aging individuals who still have a lot of life left to live. Also, our Fulton Suites Independent Living facility offers individuals an alternative to living alone and maintaining a home. Both are the subjects of our lead story along with a secondary story about the rehabilitation of patients in these facilities. I encourage you to learn more about the services they offer.



Our second floor Medical/Surgical Unit has undergone a major facelift with new paint, flooring and other cosmetic changes. All are designed to provide patients with a more comfortable, positive experience at our Health Center. You can read about those changes in this newsletter.

Our annual Report to the Community in this issue provides you with a snapshot of our many services and the volume of patients we care for each year. As always we thank you for trusting in our services. We are quite proud of our many community-based programs, including our health and fitness classes and Biennial Health Fair (see related article).

Finally, there's an old expression ... "all good things must come to an end". And so it is with my career at Fulton County Health Center. After 37 years serving as administrator of this fine health care facility, and another seven years serving in various other capacities, it's time to hang up the proverbial hat. I will officially retire on September 1st of this year. But more on that in our summer newsletter.

For now, enjoy the coming spring months!

Sincerely,

E. Dean Beck

E. Dean Beck,
FCHC Administration

Report to the Community 2011

General Category	2010	2011
Admissions	1,935	2,051
Outpatient Visits	146,655	157,633
Emergency Room Visits	11,467	12,704
Fast Track Visits	2,113	2,827
Inpatient Surgeries	553	581
Outpatient Surgeries	2,553	2,580
Outpatient Services	208,806	222,600
OB Deliveries	305	270
Oncology Visits	4,723	4,295
Laboratory Tests	151,137	161,063
Radiology Procedures	42,353	44,464
Respiratory Procedures	2,694	3,086
Physical Therapy Outpatient Visits	7,783	7,991
Diabetic Education Outpatient Visits (includes both individual and group patients)	225	414
Cardiac Rehab Visits (includes both Phase II and Phase III)	5,936	6,404
Stress Unit Admissions	315	306
Stress Unit Outpatient Visits (Therapists only)	3,291	3,447
Stress Unit Partial Hospitalization Visits	399	529
Corporate and Community Health Promotion		
Community Events and Class Participants	4,937	4,082
Corporate Program Participants	2,427	2,343
School Program Participants	1,089	1,199
Fitness Class Participants	1,209	1,563
Fitness Classes	132	156
SilverSneakers® Member Visits	4,440	4,806
Auxiliary		
Active Volunteers	135	126
Volunteers' Service Hours	12,846	13,194
Active VolunTeens	54	31
VolunTeens' Service Hours	693	437
Money Donated	*\$18,704	**\$56,531
*2010 donations included: Renovation of Lobby with balance to be in 2011, multi-gym weight resistance training equipment for Cardio Rehab, computer program for Cardio Rehab (will also be in 2011), 3 scholarships to VolunTeens		
**2011 donations included: Balance for renovation of Lobby, 4 scholarships for VolunTeens, Christmas decorations in Lobby		
PhysiciansDexter Phillips, D.O.—joined the Active Medical Staff (Previously was on Courtesy Staff)		
Equipment Purchased Nuclear Medicine Camera and System (replacement) Overbed Lights for Patient Rooms (replacement) Sterilizer System (replacement) Many purchases associated with United States Government's American Recovery and Reinvestment Act of 2009 (ARRA) to help further develop our health information Meditech system		
Services Health Grades 2012 Award – Joint Replacement, Total Knee Replacement and Hip Fracture Repair		
Uncompensated Care		
	2010	2011
	\$3,568,179	\$3,334,951



A FACELIFT THAT PROMOTES HEALING

What a difference a year makes! Those who have been patients or who have visited our Second Floor Medical/Surgical Unit in the past will be pleasantly surprised at the cosmetic and noise eliminating improvements to the entire floor. The new look, which was handled primarily by FCHC's Maintenance Department, began in November 2010. A professional interior decorator was hired to help select colors, materials and products and to coordinate the overall look. While no walls were knocked down or added, the entire floor has received a patient-friendly facelift.

"All of the walls in the patient rooms and hallways have been painted using soothing blue and green colors," says Terri Johnson, Medical/Surgical Unit Manager. "We have also added noise-dampening carpeting, quieter doors with silent handles and new ceiling tiles to help absorb noise." The noise reduction is part of the Health Center's HUSH (Help Us Support Healing) noise-reduction campaign that promotes rest and quiet to aid in the healing process.

The unit handles inpatients returning from surgery, who need to recover further overnight or over a period of several days, depending on the surgery and their situation. Outpatients who need a little additional time to recover from their surgeries are also treated in the department.

Other cosmetic improvements include new wood laminate flooring, flat screen televisions, updated bathroom sinks and privacy curtains



Pictured is the 2nd floor hallway before remodeling (left) and the hallway today (right). Carpeting has helped to dampen noise levels. Pictured at top of page: A renovated 2nd floor patient room (left) and a large, walk-in shower room for orthopedic patients.

that coordinate with the wall colors, and color-coordinated window treatments.

The nurses' station has also been upgraded with attractive and functional new furniture. The Unit secretary is now centrally positioned to see patients and visitors in both hallways. Additional computers have been added to the nurses' station, and all are positioned so they are not in the direct line of sight of non-staff members.

The second floor medication room has been completely relocated and updated, allowing easier access to medications by physicians and nurses. The relocation of the medication room also allowed the nurses' station to be expanded. In addition, a larger shower room was installed on the floor for orthopedic patients who need more room to maneuver.

"We've had very positive comments from both our staff members and from patients and visitors alike," says Johnson. "Staff members say they feel good working in the unit, and patients have commented that they like the soothing blue and green colors."

The Health Center also has plans to upgrade both the 4th floor Critical Care Unit and the 4th floor Medical/Surgical Unit in 2012. The Medical/Surgical nurses' station had already been updated several years ago along with the medication room.

Response from patients staying on the remodeled unit has been positive so far. "We're quite happy to hear that patients and visitors like the new look and the quieter atmosphere on our second floor," says Johnson. "Our intent is to make the patient's experience more healthy and enjoyable."



Health & Fitness Classes

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, May 8, 9:30 - 11:00 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! Tuesday, May 22, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Safety

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m., Sat., April 14 or June 23, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most child care requirements. Class taught by RN. Saturday, May 19, 9:00 a.m. - 4:00 p.m., \$60, FCHC Ground Floor Meeting Room.

Babysitting Classes

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

Saturday, April 21, 9:00 a.m.-3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Saturday, May 5, 9:00 a.m.-3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.

Saturday, June 16, 9:00 a.m.-3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.

Weight, Smoking

Waist Watchers Support Group

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

FreshStart

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Monday, April 9, 16, 23 & 30, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Saturday: April 28, May 12

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

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

Monday: April 16, May 14, June 11

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

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

Physician Programs

GERD & Hernia Repair

Jose Parodi, M.D., FCHC General Surgeon, is alternating his GERD and Hernia Repair presentations. In the "GERD: Heartburn, Acid Reflux and Hiatal Hernia, a Guide to Successful Treatment" program, Dr. Parodi will discuss the causes of GERD and effective treatment options. "The Ins and Outs of Hernia Repair" will focus on the common locations and causes of hernias as well as surgical repair, complications and recovery. FCHC 2nd Floor Surgery Conference Room. Registration is required by calling 419-337-7378.

April - To be announced

Ob My Aching Feet!

Podiatrist Bradley Adams, DPM, will discuss common foot problems and surgical solutions along with answering questions, Thurs., May 10, 5:00 p.m., FCHC 2nd Floor Surgery Conference Room. Call 419-337-7378 to register.

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 Serves on Site - "Look Good/Feel Better" - March 15, May 17, July 19, all at 10:00 a.m. Plus Cancer Resource Center (Cancer information).

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

Physical and Occupational Therapy, Stomal Therapy and Wound Care - On site.

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

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



Health & Fitness Classes

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

Diabetes Education & Support

Know Your Numbers. Living with diabetes may seem complicated and difficult. However, understanding what it is and how it affects the body can help you manage it well. Learn from an experienced FCHC Certified Diabetes Educator how to implement a practical and effective treatment plan. Tues., April 3, 2:00 – 3:00 p.m. Free. Location: Heartland of Wauseon, 303 W. Leggett St, Wauseon.

Balancing Life with Diabetes (formerly Mountain Climbing). Community class in self-help for the person with diabetes. \$5 suggested donation. FCHC Meeting Room. No registration necessary.

April: Let's Eat! Jill Crossgrove-Murillo, RD, LD. A nutrition discussion for better diabetes care focusing on carbohydrates, proteins, & fats. You'll learn how to figure them out on a food label and how to put them together in a healthy and tasty way. Thurs., April 12, 7:00 – 9:00 p.m.

June: A Double Header! Improving Your Knowledge of Medications and Improving Diabetes Self-Care. FCHC Pharmacist Rachel Durham, PharmD, RPh, will present information on oral medications and insulin that assist the body's response for better diabetes care. Dr. Jana Bourn, Wauseon Clinic, will then help you discover many aspects of diabetes management in a fun and easy-to-learn format. Thurs., June 14, 7:00 – 9:00 p.m.

Monthly Diabetes Support Groups. Due to scheduling changes, the regular 9:30 a.m. Wednesday and 3 p.m. Thursday times are discontinued. The second Thursday of every month from 5:00 – 6:00 p.m. will continue to be a free and open time to learn more about diabetes management. For this quarter, the dates are: April 12, May 10, and June 14. Location: Diabetes Education Office, 3rd Floor, FCHC. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

FCHC on the Radio

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



Obstetrics: Partners in Pregnancy Programs

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

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

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

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

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

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

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



Grief Support - H.O.P.E.

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

Health TIPs

Health Tips is designed to give you simple suggestions for a healthier lifestyle. This issue's health tip is:

10 Tips For Starting a Spring Fitness Program

1. Check with your doctor if you are starting a new exercise routine.
2. Get the appropriate footwear designed for the activity you are performing. Shoes will last for approximately 500 miles. 
3. Start slowly! Doing about half of what you think you should do is probably a good way to start!
4. Don't sweat the scale. If you are focusing your exercise for weight loss benefits, don't get on a scale until your exercise habit is well established – at least three weeks.
5. Work out with a friend or family member. Working out with a partner can help you stay motivated and accountable.
6. Set a goal. Training for a specific event can be highly motivating. Pick a run, a walk or a bike event and prepare for it. Be sure to track your progress. 
7. Don't push through pain. Pain that persists for more than a week should be evaluated by your physician.
8. Stretch and strengthen! Be sure to include all three components of exercise to have a balanced plan.
9. Have Fun. Stick with your routine. As you get fit, it will become easier and more fun.

10. Consider joining an FCHC Fitness Class or the FCHC Rehab Center for a fitness membership. See this newsletter for a list of classes, locations and times.





Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few special classes such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – March 26 – May 12;**
7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50.

Health & Fitness Class Descriptions

Aquatic Aerobics

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

Arthritis Aquatics

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

Aquatic Noodle Workout

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

Ballroom Dance

Dancing is easy, fun, beautiful, elegant, modern, and stylish! The focus this session will be the Samba and Polka Dances. These classes will elevate the heart rate and challenge the body!

Belly Dance

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

Cardio Core

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

Cardio Dance

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

Golden Retrievers

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

Kids Tumbling For Fun – Beginner

Designed for the gymnast who is just starting his or her career. This class will introduce them to the beginning basics of the sport, such as: forward and backward rolls, cartwheels, headstands, etc. If you have no previous gymnastics experience, and you are excited to learn, this class is for you!

Kids Tumbling For Fun – Intermediate

Requires previous gymnastic experience, must be able to do a handstand and cartwheel.

Line Dancing

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

Maximum Burn

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

Parent & Child Water Wonders

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

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 Classes	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Maximum Burn	M, W, F	6:00 AM	FCHC Rehab Center
PILOXING®	T & TH	5:30 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Turbo Kick®	M	6:30 PM	FCHC Rehab Center
Total Body Tone	M & W	7:30 PM	FCHC Rehab Center
Ballroom Dance	T	7:30 PM	FCHC Rehab Center
(\$42 per person, cannot be combined with other class pricing)			
Belly Dance	SAT	9:00 AM	FCHC Rehab Center
(\$8.50 per class)			
SilverSneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Golden Retrievers	M & W	9:30 AM	Wauseon Senior Center
Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.			
Wauseon Aquatics Classes	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	T & TH	7:30 AM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Aerobics	W & TH	6:00 PM	FCHC Rehab Center
SilverSneakers® SilverSplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; March 31 – May 19			
Bryan Class	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Washington School Gym
Evergreen School District Classes	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Upstairs Lobby
Cardio Dance	W	7:00 PM	Evergreen Elementary School Gym
Fayette School Class	Day(s)	Time	Location
Cardio Dance	W	6:15 PM	Fayette Jr. H.S. Gym
Pioneer Class	Day(s)	Time	Location
Cardio Dance	T & TH	5:45 PM	Church of the Nazarene
Swanton Class	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few special classes such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – March 26 – May 12;**
7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50.

Health & Fitness Classes

West Unity Class Cardio Dance	Day(s) T & TH	Time 6:15 PM	Location Solid Rock Church
Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Aerobics	M & W	9:00 AM	Fairlawn Retirement Community
Aquatic Aerobics	T & TH	5:45 PM	Fairlawn Retirement Community
Arthritis Aquatics	M & W	10:15 AM	Fairlawn Retirement Community
Arthritis Aquatics	M	4:45 PM	Fairlawn Retirement Community
Aquatic Noodle Workout	M	5:45 PM	Fairlawn Retirement Community
Line Dancing (\$42 per person, cannot be combined with other class pricing)	T	5:45 PM	Fairlawn Retirement Community
Archbold Classes Co-sponsored by Archbold Parks & Recreation Dept.	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	Park Pavilion
Cardio Dance	T	6:30 PM	Park Pavilion
Turbo Kick®	T & TH	5:30 PM	Park Pavilion
Zumba®	W	6:45 PM	Park Pavilion
Cardio Core	T & TH	5:30 AM	Park Pavilion
7 classes - \$21, 14 classes - \$32, 15 or more - \$42			
Kids Tumbling for Fun – Beginner (4-7 yrs.)	SAT	9:00 AM (45 min.)	New Elem. School Cafeteria
Kids Tumbling for Fun – Intermediate (4-7 yrs.)	SAT	9:45 AM (45 min.)	New Elem. School Cafeteria
7 weeks – 1x/week - \$29			
Golden Retrievers Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.	M & W	9:15 AM	Fairlawn Retirement Community

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

Wauseon Classes	Day(s)	Time	Location
Yoga – Intermediate (Mat Required)	SAT	9:00 AM	FCHC Beck Meeting Room
Yoga – Gentle (Mat Required)	SAT	10:30 AM	FCHC Beck Meeting Room
7 classes - \$35, 14 classes - \$62; classes begin April 7.			
Pioneer Class Yoga (Mat Required)	Day(s) W	Time 7:00 PM	Location Church of the Nazarene
7 classes - \$35, class begins April 4.			
Swanton Class Yoga (Mat Required)	Day(s) T	Time 7:15 PM	Location Swanton Public Library
7 classes - \$35			
Archbold Classes	Day(s)	Time	Location
Yoga – Gentle (Mat required)	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate (Mat required)	M & TH	7:30 PM	Park Pavilion
7 classes - \$30, 14 classes - \$48			



Health & Fitness Class Descriptions

PILOXING®

Join the latest Hollywood Celebrity fitness craze sweeping the nation! PILOXING uniquely mixes Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape.

SilverSneakers® Muscular Strength & Range of Motion

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

SilverSneakers® SilverSplash

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

Total Body Tone

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

Turbo Kick®

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

Yoga

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

Yoga - Gentle

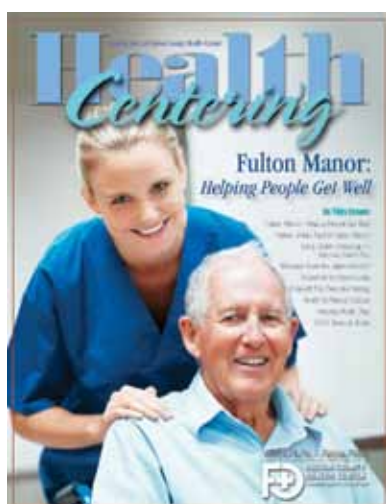
A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Yoga - Intermediate

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

Zumba®

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



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area residents.

E. Dean Beck, Administrator

Dale Nafziger, President,
Board of Directors

Steve McCoy, Director of Marketing
and Planning

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

FCHC News & Notes

Is Independent Living for You?

Have you ever wondered if Fulton Suites is right for you? Fulton Suites is an Independent Living community on the FCHC campus that offers a modern, home-like environment in a quiet, rural setting. Fulton Suites provides:

- A 30-day lease option
- All meals
- A spacious dining area
- Housekeeping & linen services
- Activities program
- Large resident lounge

We currently have an opening. For a personal tour or to learn more about the advantages of Independent Living, contact Fulton Suites Admissions Department at 419-335-2017.

Start Swinging Those Clubs

The FCHC Auxiliary will hold its 13th Annual Auxiliary Golf Tournament on Thursday, June 7, 2012. The 4-person scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. The outing will again be held at Ironwood Golf Course, 1015 West Leggett St., Wauseon. The popular event features prizes for the longest drive, closest to the pin and longest putt. A silent auction and dinner at FCHC will be held after the 18-holes of golf. Sponsorships are available. Proceeds from the auction are used by the FCHC Auxiliary to fund projects at the Health Center. Entry is limited to the first 36 paid foursomes. For

more information about costs to participate and sponsorship costs, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603.

Auxiliary News

March 21 & 22: U BE Dazzled Sale, Handbags and Jewelry, FCHC Cafeteria, Wed., March 21, 7:30 a.m. - 3:00 p.m.; Thur., March 22, 7:30 a.m. - 4:00 p.m.

April 5: Bake Sale and Spring Flower Sale, 7:00 a.m. till gone, FCHC Cafeteria.

May 5: Geranium Sale Pick-up, order forms available at the FCHC Gift Shop or from any Auxiliary member.

May 22-23: \$5.00 Jewelry Sale, FCHC Cafeteria, times to be announced.

June 18: Michele's Shoes Sale, Times and location to be announced.

Volunteers Needed

Want to give back to your community? Consider becoming an FCHC Auxiliary volunteer. The Health Center relies on volunteers to provide escort services; assistance in the cafeteria or kitchen; working in the Gift Shop and at the Information Desk during the evenings and on weekends; and serving as receptionists in various departments. Please call Julie Engler, Volunteer Coordinator, at 419-330-2695 to schedule an interview.