

A publication of Fulton County Health Center

# Health *Centering*

## New MRI Unit Benefits All

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Volume 31, No. 2 Spring, 2015



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



There are quite a few smiles coming from FCHC's Orthopedic Surgeons, Radiologists, and Radiology staff these days. That's because the Health Center is installing a new, state-of-the-art MRI unit that will greatly assist doctors in their diagnoses while offering patients improved scanning comfort and speed. The new Toshiba 1.5T Vantage Titan™ Magnetic Resonance Imaging (MRI) unit replaces the MRI unit that the hospital has used since 2003.

# New MRI Unit Benefits All



***“Patients will be quite pleased with the new technology’s much quieter sound.”***

— Phil Badenhop RT (R)(MR),  
FCHC registered Senior Lead MRI  
Technologist



## Installation is a Process

Once the new Toshiba scanner had been purchased, FCHC staff members began the lengthy process of planning and preparing for its arrival and installation. In fact, the entire process took more than two months to complete. First, the original MRI unit had to be removed to make room for the new system. That occurred this past January 5th. While preparation and installation was being completed, FCHC used a mobile MRI unit for patient imaging until the new system was installed. During the months of January and February, the MRI area was expanded and completely renovated to accommodate the new unit. This included the installation of new shielding. When both the old MRI and the new scanner were moved, in some spots the walls, plumbing in the ceiling, and door frames had to be removed in advance because of the size of both units. After all of the preparation work, the new MRI scanner was delivered in late February. Once the new scanner was brought in, the final finishing touches were performed on the MRI Suite, and equipment calibrations of the new scanner were performed. These final tasks were completed in March.

## Crisp, Clear Images

The new MRI technology has been well-received by physicians for its ability to produce sharp, detailed images of the parts of the body being scanned. The detail of the images is critical in helping doctors make the proper diagnosis for a patient. “When we were researching potential new MRI units, we spent some time at a Ft. Wayne Orthopedic practice that had installed the Toshiba unit we eventually purchased,” says Phil Badenhop RT (R)(MR), an FCHC registered Senior Lead MRI Technologist. “The images from the Toshiba unit just jumped off the page at us because of their crispness, and that was one of the keys to determining which unit we would purchase.”



## More Comfort for Large & Small Patients

Built to increase patient comfort, the Toshiba 1.5T Vantage Titan™ MRI unit has an ultra-short, ultra-wide open bore that provides plenty of shoulder and breathing room for patients to feel more comfortable during scans. The unit is designed to accommodate large, small and geriatric patients with a table that can be lowered to approximately 17 inches off the ground. That makes it easier for individuals to get up on the table for their scan. "Toshiba designers worked hard to create a unit that would feel less confining to patients while still offering high quality, sharp images," says Badenhop. Built-in arm rests also improve patient comfort, especially during contrast exams where contrast is introduced into the blood vessels to improve the view for the Radiologist.

In addition to the technological advances that make it more comfortable for patients, there is also a more creative touch in the scan room. A ceiling mounted sky image lies directly over the top of the patient table and MRI scanner. "It's a nice additional touch to create a more calming, comfortable environment for patients," says Badenhop.

## Feet First Scans

If you've ever experienced an MRI scan, you will know that being confined head-first in the bore for 45 minutes or more can be uncomfortable. FCHC's new technology allows approximately 70% of scans to be performed feet-first, meaning the patient is put into the bore feet-first rather than head first. The exceptions are those scans required for head imaging.

## Less Noise

MRI units for years have been saddled with the problem of being too noisy with their repetitive buzzing, tapping and knocking sounds throughout the scan. Toshiba's Vantage Titan™ MRI unit uses unique Pianissimo™ Noise-Reduction Technology to minimize the noise of the scanner. "Toshiba listened to patients and the medical community and developed a unit that places the internal coils inside a vacuum to minimize the noise produced during the scan," says Badenhop. "Patients will be quite pleased with the new technology's much quieter sound."



*A sky image can be seen directly over the MRI unit to help relax patients.*



## No Radiation Exposure

How MRI technology works is complicated. The easiest explanation is that the technology combines radio-frequencies with a powerful magnet to produce the scanned images of the body. It differs from CT scans and X-rays in that it uses no X-rays or radiation of any kind. Typically, MRI units are used to perform mostly soft tissue exams such as the spinal cord and brain tissue.

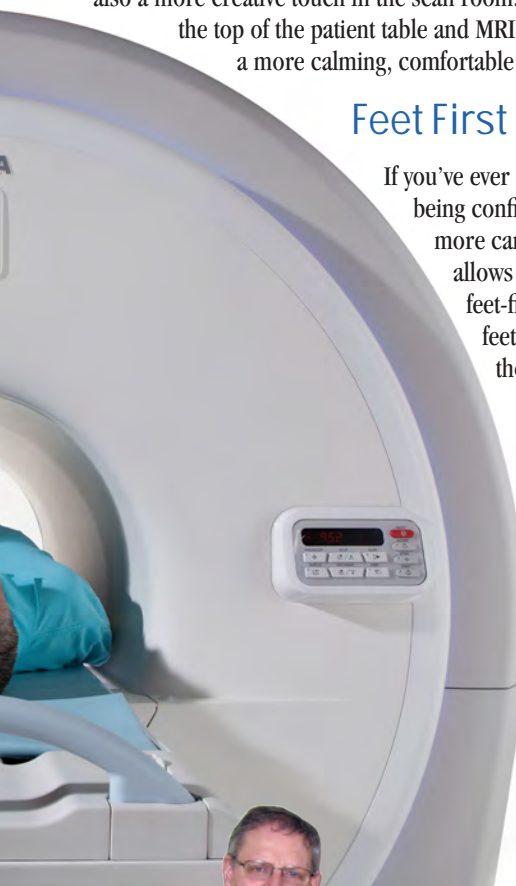
## More Patients to Benefit

The Toshiba Vantage Titan™ MRI unit has the largest field-of-view in the industry, which means it provides wider coverage of the body while scanning large body parts. That results in a broader view of the body while requiring less exam time for the patient. Vantage Titan's ultra-short,

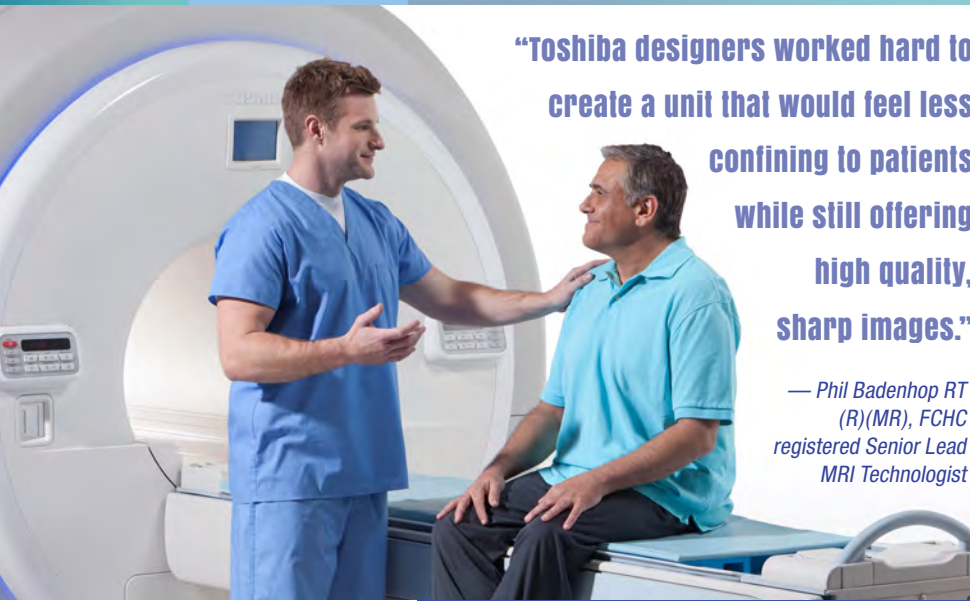
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### **Members of the FCHC Radiology Department**

*(L-R): Barb Gibson, RT (R) RDMS, CRA - Director;  
Phil Badenhop, RT (R)(MR) - Senior Lead MRI  
Technologist; Joyce Mika-Receptionist; Sue Barnham,  
RT (R)(MR) - Technologist; Michelle Wachtman -  
Receptionist; Tara Henricks - Receptionist.*



# New MRI Unit Benefits All

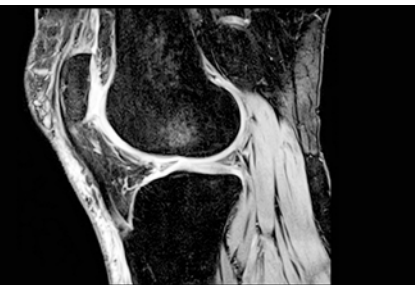


**“Toshiba designers worked hard to create a unit that would feel less confining to patients while still offering high quality, sharp images.”**

— Phil Badenhop RT (R)(MR), FCHC registered Senior Lead MRI Technologist

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ultra-wide, open bore can also perform a wider range of exams, including bariatric, geriatric, breast and non-contrast imaging to accommodate a variety of patient cases. These unique techniques deliver high-quality diagnostic images while shortening exam times and increasing patient comfort and safety.



“The unit’s capabilities give us more flexibility to expand its uses with other areas of the medical profession,” says Badenhop. “I believe it will become quite popular with our Orthopedic Surgeons, Oncologists, Internal Medicine Specialists, and Pediatricians.”

For more information about FCHC’s new Toshiba Vantage Titan™ MRI scanner, contact the FCHC Radiology Department at 419-330-2651 or email us at [info@fulhealth.org](mailto:info@fulhealth.org).

## FCHC’s New Toshiba Vantage Titan™ MRI Unit

**Ultra-short, Ultra-wide, Open Bore:** greater openness for claustrophobic patients

**Largest Field-of-view in the industry:** wider anatomical coverage while scanning large body parts

**Table Flexibility:** Table lowers to less than 17 inches, offering greater access for pediatric and geriatric patients

**Arm Rests:** Located on both sides of the table to improve patient comfort

**Pianissimo™ Noise Reduction Technology:** Reduces noise levels up to 90%, offering a more comfortable exam experience

**Quicker Image Processing:** Parallel processing provides faster scanning techniques with high-quality images

**Feet First Exams:** 70% of all procedures can be performed feet first with a patient’s head comfortably outside of the bore

**Open View Exams:** Ultra-short, ultra-wide, open bore design allows a patient’s view to remain unobstructed during an exam



## Free Health Clinic

In 2007 Randall J. Bowman, MD, an FCHC Internal Medicine Physician, had a vision of establishing a free medical clinic for people in need of care who were uninsured. Dr. Bowman approached Mike Oricko, a Fulton County Health Commissioner, who connected him with Cindy Rose, the Health Department’s Director of Nursing. Together, they began to develop a plan for the clinic. FCHC initially became involved by offering to provide free space in its Medical Office Building.

The result of their efforts was the creation of the Free Clinic of Fulton County – a collaborative effort between Fulton County Physicians, Fulton County Health Center and the Fulton County Health Department. The clinic offers free medical care to uninsured adults of Fulton County using volunteer board members, physicians, nurses, and others from FCHC, the Health Department, as well as the surrounding medical community. Anthony Uribes, MD, an FCHC Family Practice physician, serves as the clinic’s Medical Director.

### To be eligible for this service, you must:

- ▶ Live in Fulton County
- ▶ Be an adult between the ages of 18 & 64 years of age
- ▶ Be uninsured – cannot be covered by Medicaid, Medicare, or private insurance
- ▶ Meet income criteria at 150% of the poverty level.
- ▶ This is \$16,335 for one person or \$33,525 for a family of four. Please call us so this can be determined for you.

People in need of emergency care should seek assistance at the Fulton County Health Center Emergency Department.

Clinics are generally held two or three times per month on a Tuesday or Thursday evening in the FCHC Medical Office Building. Appointments are required. To schedule an appointment, call the Fulton County Health Department at 419-337-0915.

If you would like to make a donation to support the Free Clinic, please make checks payable to Free Clinic of Fulton County, and mail to: Free Clinic of Fulton County, P. O. Box 173, Wauseon, OH 43567.



Fulton County Health Center will soon begin offering sleeve gastrectomy, a popular weight loss surgical procedure performed by FCHC General Surgeon Arun Kumar Baskara, MD. Sleeve gastrectomy will be part of the Health Center's Weight Solutions Program, led by Becky Willford-Cook, RN, CPAN, the FCHC Bariatric Surgery Coordinator. The Weight Solutions Program offers nutritional counseling, psychiatric evaluations, and weight loss surgery for patients when appropriate.

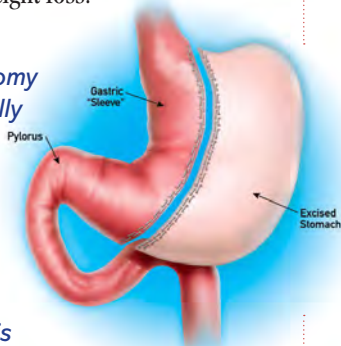
Sleeve gastrectomy essentially reduces the size of the stomach by 80-90%. A surgical stapler is used to create a tube-shaped pouch, and the excised portion of the stomach is removed. The procedure will be performed laparoscopically and will not be reversible. Surgery will last about one and a half hours. Patients will stay overnight for observation and then return home.



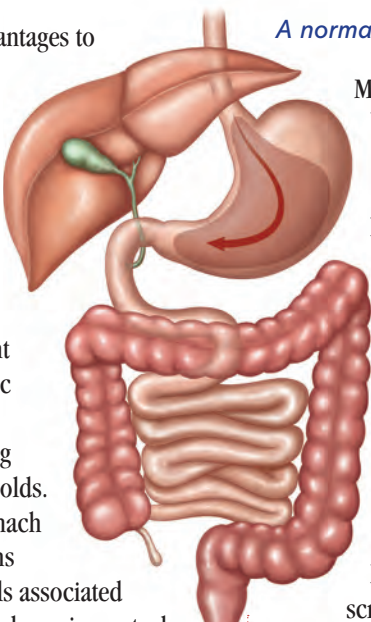
## FCHC to Offer Weight Loss Surgery

"There are several advantages to the sleeve gastrectomy procedure," says Willford-Cook. "First of all, it is a surgical weight loss procedure that offers significant weight loss without interfering with nutrient absorption, as in gastric bypass. The stomach is reduced in size, limiting the amount of food it holds. The portion of the stomach that is removed contains hormone-releasing cells associated with both appetite and glycemic-control, so patients may have decreased appetite and better glucose control even before there is a significant weight loss."

*Sleeve gastrectomy involves surgically stapling the stomach to create a tube-shaped pouch. The excised portion of the stomach is removed.*



### *A normal digestive tract and fully-intact stomach.*



Morbid obesity is defined as being more than 100 pounds overweight, with a Body Mass Index (BMI) of over 40, or a BMI over 35 with a co-morbid condition such as diabetes or high blood pressure. Most major health insurance companies cover sleeve gastrectomy surgery.

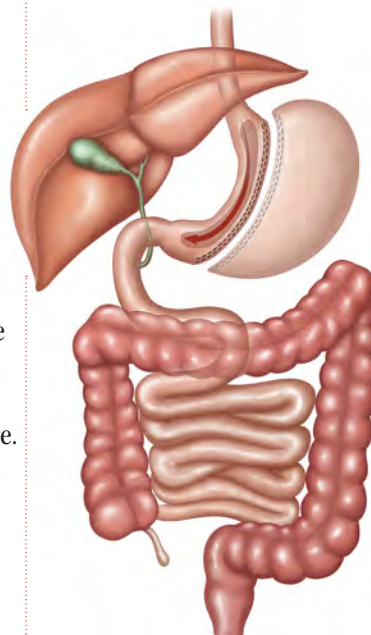
FCHC held its first monthly seminar on sleeve gastrectomy for the public in February.

Potential patients will be carefully screened over a 4-10 month period through the Health Center's Weight Solutions Program. This will include having a pre-operative work-up to make sure they are fit for surgery. Also, most insurers will require patients to be on a physician-supervised diet for 3-6 months before surgery in order to be approved for the procedure.

"We will be very precise in screening patients for this surgery," says Willford-Cook. "It's not for everyone, but for those who qualify, it can be a very

effective tool to help them to lose weight." For more information, contact Becky Willford-Cook, RN, CPAN, FCHC Bariatric Surgery Coordinator. She can be reached via email at [bwilford-cook@fulhealth.org](mailto:bwilford-cook@fulhealth.org), or by phone at 419-337-7373.

*Sleeve gastrectomy essentially reduces the size of the stomach by 80-90%.*



# Message from the CEO

**A**t Fulton County Health Center, we have always strived to provide our patients with access to the latest in medical technology.



We continue that mission with the installation of our new Toshiba Vantage Titan™ Magnetic Resonance Imaging (MRI) scanner that replaces the MRI unit we have used since 2003. This technology benefits patients

by offering a more comfortable, faster scan while providing our physicians with crisp images of the body to help in their diagnosis of disease and injury. Our lead story in this newsletter describes the benefits of this new technology.

We are pleased to introduce to you Chang Xia, MD, Oncologist/Hematologist, who joined the FCHC Medical Staff in the fall of 2014. She maintains regular office hours on Wednesdays at our Rainbow Hematology/Oncology Treatment Center.

If you have been considering weight loss surgery, then look to us! FCHC will soon begin offering sleeve gastrectomy, a popular weight loss surgical procedure that will be performed by our General Surgeon Arun Kumar Baskara, MD. Sleeve gastrectomy will be part of our Weight Solutions Program, which offers nutritional counseling, psychiatric evaluations, and weight loss surgery for patients.

In this issue you can also read about our annual financial Report to the Community along with our usual News & Notes and Health Classes.

Enjoy the next few months. Spring can't be too far off!

Best Regards,

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer

## REPORT TO THE COMMUNITY 2014

<i>General Category</i>	2013	2014
Admissions	1,830	1,681
Outpatient Visits	151,201	154,803
Emergency Room Visits	15,469	16,747
Inpatient Surgeries	472	491
Outpatient Surgeries	2,376	2,058
Outpatient Services	209,977	215,177
OB Deliveries	279	276
Oncology Visits	4,487	4,149
Laboratory Tests	151,551	154,440
Radiology Procedures	41,929	41,738
Respiratory Procedures	2,240	2,806
Physical Therapy Outpatient Visits	12,502	13,107
Diabetes Education Outpatient Visits	429	502
<i>(includes both individual and group patients)</i>		
Cardiac Rehab Visits <i>(includes both Phase II and Phase III)</i>	6,103	5,067
FulCare Patient Days <i>(includes both adult and geriatric patient days)</i>	1,838	1,506
FulCare Outpatient Visits <i>(Therapists only)</i>	3,884	3,688
FulCare Partial Hospitalization Visits	411	605

### **Corporate and Community Health Promotion**

Community Events and Class Participants	4,551	4,116
Corporate Program Participants	2,698	2,077
School Program Participants	705	703
Fitness Class Participants	1,738	1,743
Fitness Classes	189	227
SilverSneakers® Member Visits	6,956	6,863

### **Auxiliary**

Active Volunteers	154	145
Volunteers' Service Hours	18,649	12,876
Active VolunTeens	54	9
VolunTeens' Service Hours	485	72
Money Donated	\$45,331	\$136,599

**2014 Auxiliary Donations Included:** Fulton Manor Bus (\$71,000), Cardiac Rehab Monitoring System (\$64,749), Teen Scholarship (\$500), Community Celebration Donation (\$350).

**New Services/Technology:** Name change of the Fulton Stress Unit to FulCare Behavioral Health adding Geriatrics Inpatient and Intensive Outpatient Services to our existing Adult Outpatient Services; Expansion of FulCare (formerly the Fulton Stress Unit) Adult Partial Hospitalization Program and relocating the service to the 4th floor; Renovation of the FCHC Cafeteria; Updated Nurse Call System; Vocera (Staff Communications System); Telemedicine Stroke Network initiated in partnership with the University of Toledo Medical Center (UTMC) and Mercy St. Vincent's.

**New Active Staff Physician:** Arun Kumar Baskara, MD, General Surgeon

Uncompensated Care	\$2,591,899	\$3,616,762
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# Health & Wellness Programs

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

## Lifestyle

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

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

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

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

### ***Cholesterol & Blood Pressure Screenings***

Cholesterol screenings will be held at the following local libraries in conjunction with the Heart Radiothon and Fulton County Health Center. The screenings are 4:00 pm - 7:00 pm and include testing for total cholesterol, HDL cholesterol (the good cholesterol), a ratio, and blood glucose (sugar). No fasting is required. A \$5.00 donation is requested to support the Heart Radiothon. Free blood pressure checks will also be offered.

Archbold Library .....	Mon., April 6
Delta Library.....	Wed., April 15
Evergreen Library .....	Wed., April 22
Fayette Library .....	Mon., March 30
Swanton Library.....	Thurs., April 23
Wauseon Library.....	Thurs., April 16

### ***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., April 7 & June 2, 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! Tues., April 21 & June 16, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

## 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., May 2 or July 11, 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., April 11 or June 27, 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., April 18, 9:00 a.m. - 3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 to register.

Sat., April 25, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Sat., May 16, 9:00 a.m. - 3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., June 13, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.

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

## Weight, Smoking

### ***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., April 27, May 4, 11 and 18, 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, Professional Clinical Counselor and clinically trained Hypnotherapist will assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

### ***Sat., March 21***

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

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







# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health & 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 - Thurs., March 19, 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. 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

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 breast-feeding. 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 2-3 weeks or 5 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. Series - \$25. Saturday session - \$40 (includes food/refreshments).

**Refresher Class** - Review of Childbirth Education class. Optional tours of OB - \$10. Call for appointment.

**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.

## Diabetes Education & Support

### ***New Session! A1C Champions***

This class is for those who are striving to continue controlling their diabetes, as well as their family and friends. Join us to learn how you can live a healthier life from a person with diabetes who has "walked in your shoes." This A1C Champion will share personal experiences with diabetes and ways to manage it successfully over your lifetime. Mon., March 23, 7:00 - 8:30 p.m., FCHC Meeting Room. Free. Please register by March 20th. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772.

### ***Back by popular demand! Pre-Diabetes Class***

There are now 86 million Americans with pre-diabetes. Are you one of them? How can you find out? This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who already have some basic information. All of us can become healthier by following the meal planning and physical activity tips presented in this class! Mon., June 1, 6:30-8 p.m., FCHC Meeting Room. Free. Please register by May 29th. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772.

### ***Free Support Group***

5:00-6:00 p.m., Diabetes Education Office, 3rd Floor, April 9, May 14, June 11  
Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary - just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you! For more information, call the FCHC Diabetes Education office at 419-330-2772.

## 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](http://www.fultoncountyhealthcenter.org) (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – March 23 – May 9; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).**

## Health & Fitness Class Descriptions

### **Aquatic Aerobics**

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

### **Arthritis Aquatics**

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

### **Aquatic Noodle Workout**

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

### **Aqua Zumba®**

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 a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### **Cardio Core**

A class geared toward variety! You'll use a Step 360 platform for a variety of moves, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

### **Cardio Craze Plus**

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

### **Cardio Dance**

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

### **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.

### **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.

### **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, and 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.

## Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	T & TH	6:00 PM	FCHC Rehab Center
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
Drums Alive®	SAT	10:00 AM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Zumba Step®	SAT	8:45 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	Fulton County Sr. Center
(Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.)			

Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aqua Zumba®	T & TH	8:00 AM	FCHC Rehab Center
Aqua Zumba®	T	5:15 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:15 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:15 PM	FCHC Rehab Center
Aquatic Aerobics	M, W & TH	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
New! Beginner (6-36 months)	T	4:30 PM (30 min.)	Wyse Commons
New! Advanced (3-5 years)	T	5:00 PM (30 min.)	Wyse Commons
8 weeks - \$32; March 28 – May 16			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School Gym
Begins April 6			

Evergreen School	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen Elementary School Gym
6 weeks - Monday session begins April 6; Wednesday session begins April 8.			





# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health and Wellness Programs), or call 419-330-2735. Most classes (except a few such as Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – March 23 – May 9; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).**

## Health & Fitness Class Descriptions

### Health & Fitness Classes

<b>Fayette School</b> Cardio Dance Begins April 8	<b>Day(s)</b> W	<b>Time</b> 6:30 PM	<b>Location</b> Fayette Jr. H.S. Gym
<b>Napoleon</b> Tai Chi Free - Sponsored by Orchards of Northcrest	<b>Day(s)</b> M & F	<b>Time</b> 2:00 PM	<b>Location</b> Henry County Sr. Center
<b>Pioneer</b> Cardio Dance	<b>Day(s)</b> TH	<b>Time</b> 5:30 PM	<b>Location</b> Church of the Nazarene
<b>Swanton</b> Cardio Core Zumba®	<b>Day(s)</b> T & TH M	<b>Time</b> 6:00 PM 6:30 PM	<b>Location</b> Crestwood Elementary Trinity United Methodist
<b>West Unity</b> Cardio Dance	<b>Day(s)</b> T & TH	<b>Time</b> 6:15 PM	<b>Location</b> Solid Rock Church
<b>Archbold Fairlawn Retirement Community</b> Aqua Zumba® Zumba® Gold Aquatic Noodle Workout Aquatic Noodle Workout Gentle Movement (Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)	<b>Day(s)</b> M & W M & W M W M, W & F	<b>Time</b> 9:00 AM 7:45 AM 5:30 PM 5:15 PM 9:15 AM	<b>Location</b> Wyse Commons Wyse Commons Wyse Commons Wyse Commons Wyse Commons
<b>Archbold</b> (Co-sponsored by Archbold Parks & Recreation Dept.) Zumba Step® Zumba® Cardio Craze Plus Tabata Fire 10 classes - \$27, 20 classes - \$40, 21 or more - \$50	<b>Day(s)</b> M W T & TH M, W & F	<b>Time</b> 5:30 PM 5:30 PM 5:30 PM 5:30 AM	<b>Location</b> Park Pavilion Park Pavilion Park Pavilion Park Pavilion

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

<b>Wauseon</b> Yoga Chair Yoga 7 classes - \$35, 14 classes - \$62	<b>Day(s)</b> SAT T	<b>Time</b> 9:00 AM 5:00 PM	<b>Location</b> FCHC Beck Mtg. Rm. FCHC Beck Mtg. Rm.
<b>Pioneer</b> Yoga 7 classes - \$35	<b>Day(s)</b> W	<b>Time</b> 6:00 PM	<b>Location</b> Church of the Nazarene
<b>Swanton</b> Yoga 7 classes - \$35; 14 classes \$62	<b>Day(s)</b> T & TH	<b>Time</b> 7:15 PM	<b>Location</b> Trinity United Methodist
<b>Archbold</b> Yoga – Gentle Yoga – Intermediate 7 classes - \$30, 14 classes - \$48 (Co-sponsored by Archbold Parks & Recreation Dept.)	<b>Day(s)</b> M M	<b>Time</b> 6:30 PM 7:30 PM	<b>Location</b> Park Pavilion Park Pavilion

#### Tabata Fire

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

#### Tai Chi

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

#### 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 - Chair

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. For those who are limited with getting on the floor, but still need to increase strength, balance, and flexibility.

#### Yoga - Gentle

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

#### Yoga - Intermediate

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

#### Zumba®

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

#### Zumba® Gold

Takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine.

#### Zumba® Step

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

## Health TIPS

# E-cigarettes – Know the Dangers

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

E-cigarettes are growing in popularity, especially with teenagers. The 2014 Fulton County Youth Assessment showed that 14% of our youth are using e-cigarettes. That's an alarming increase from only a 1% usage in 2012!

Most teens and the general public believe that e-cigarettes are not as harmful as smoking a regular cigarette. Some even believe e-cigarettes are not harmful at all. But the facts say otherwise.

E-cigarettes contain nicotine, which is a poison that is as addictive as heroin and cocaine. Use of e-cigarettes hinders lung function and adversely affects youth brain development.

E-cigarettes also contain several cancer causing chemicals such as toluene, benzene, cadmium, formaldehyde, lead, nickel, and acetaldehyde.

When e-cigarettes were first introduced they were marketed as a way to help smokers quit smoking. But, there is no scientific evidence that shows e-cigarettes help smokers quit smoking. In fact, one study found that e-cigarette users were 1/3 less likely to quit smoking cigarettes.

The term "vaping," which refers to the substance emitted from the e-cigarette, is also misleading. The substance that is emitted should more correctly be labeled an aerosol. This aerosol contains the same deadly chemicals listed above, which are similar to the chemicals inhaled from secondhand cigarette smoke, but in reduced amounts. So, the bottom line is that the emission from e-cigarettes is not just harmless water vapor.

"The information in this Health Tip comes from a January 2015 report from the Director of Public Health in California," says Sharon Morr, FCHC Director of Corporate and Community Health Promotion. "Unfortunately e-cigarettes were brought to market without any testing, and public health officials are now playing catch-up to alert people to their true dangers. First and foremost, education is needed to counter the often misleading marketing of e-cigarettes. Existing laws that currently protect our youth and the general public should be extended to cover them. The adverse health effects of e-cigarettes make it clear that they should be strictly regulated and kept away from our youth."



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

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