

A publication of Fulton County Health Center

Health Centering

CCU: Caring for the Sickest of the Sick

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Volume 32, No. 2 Spring, 2016



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



"I care about my patients and treat them like my family members." — Nedra Nolander, RN, BSN, CCU Coordinator

Members of the CCU Nursing Unit review patient records. (L-R): Molly Stuckey, RN, FCHC CCU Unit Manager; Ashley Demaline, RN, BSN; and Nedra Nolander, RN, BSN, CCU Coordinator.



CCU CARING FOR THE SICKEST OF THE SICK

There is a unique area of Fulton County Health Center designated for patients with a need for more intense monitoring and potentially life threatening illnesses. It's the Critical Care Unit (CCU), where patients receive 24/7 cardiac monitoring using the latest high-tech medical equipment along with personal care provided by experienced Registered Nurses. Here's a look at this important unit, located on the fourth floor, which is designed to provide quality patient-centered care to individuals with more intense medical needs.

A Variety of Patients

"There isn't one specific type of patient that we see in the CCU," says Molly Stuckey, RN, FCHC CCU Unit Manager. "They can come to us from many places including the Emergency Department (ED), surgery, or a physician's office with a variety of health conditions. The one thing they do have in common is that their health situation can be more severe and life threatening."

Stuckey says the CCU must be able to care for various patient health situations. "Our patients can come from the ED with acute or chronic heart conditions including chest pain,

congestive heart failure, or atrial fibrillation. Other patients may arrive to us after surgery due to complications with heart rate or blood pressure. Other common diagnoses that are seen in CCU include patients with acute respiratory illnesses such as pneumonia, diabetic emergencies, and patients with drug overdoses."

A Typical Day

CCU nurses typically work 12-hour shifts, from 7:00 a.m. to 7:00 p.m. or from 7:00 p.m. to 7:00 a.m. A primary care nurse is assigned to each patient, resulting in continuity of care. The shift begins with the nurses meeting to review the patient's medical condition from the previous 12 hours. Then, the patient receives a complete head-to-toe physical assessment. Wounds are treated, and the attending physician is contacted if there are any significant changes to the patient's health. CCU nurses at FCHC perform primary care nursing, which can range from managing critical medication drips to care of basic needs such as bathing and toileting.

"Our CCU nurses are very dedicated, and they get to know the patient quite well," says Stuckey. "The continuity of care that is patient-centered is helpful in recognizing



Ashley Demaline, RN, BSN, educates a patient on the next steps to take in getting well after leaving the CCU.

subtle changes in their condition. This leads to early recognition of deterioration in the patient's condition, which can be communicated faster to the physician so additional interventions

can be ordered and performed.”

At FCHC, CCU nurses also serve as “float” nurses and can work throughout the Health Center. It is not uncommon for a CCU nurse to work in the Emergency Department, see a patient there, and then care for that same patient in the CCU in the next day or two. All nurses in the CCU are Registered Nurses who have had additional course work prior to working in the unit. This is important, because there are certain medication IV drips and medical procedures that can only be done by a nurse in the CCU.

Stuckey says her nurses go beyond just caring for patients. “When it’s time for the patient to return home, they will

help by making doctor appointments, contacting a visiting nurse organization, or calling the nursing home. They’ll even contact the patient once they’ve gone home to make sure they do their follow-up care with their primary care physician.”

“We have excellent nurses, great doctors and a newer facility with more high-tech capabilities, which makes us a unique CCU unit.”

— Molly Stuckey, RN, FCHC CCU Unit Manager

Length of Stay

Every patient is different as to how they respond to surgery and treatment, so the length of stay in the CCU can vary. But typically, a patient will spend 2-3 days in the CCU.

“Some patients can go right home upon discharge,” says Stuckey, “such as those with chest pain whose heart issues have been resolved. Others, such as our post-surgical patients, may need to step down to one of our regular inpatient rooms.” Stuckey says when that happens a hand-off report is given to the nursing staff in the regular inpatient rooms.

CCU's Upgrades

Several years ago, FCHC's CCU went through a remodeling phase to upgrade the technology along with the appearance of the patient rooms and nurses' station. The CCU has three acute rooms reserved for patients with the most severe health conditions. Each acute room now has its own private bathroom thanks to the remodeling efforts. In addition, there are four progressive CCU patient rooms, and each of those has its own private bathroom. The unit is also a locked unit with a private waiting area for family members. The common area allows the

family to interact and feel close to their loved ones while promoting FCHC's HUSH campaign. The campaign promotes rest and healing for patients.

In 2013, the cardiac monitors were updated in the seven CCU patient rooms. These monitors are critical to constantly monitoring a patient's heart rhythm, blood pressure, respirations, pulse oximetry, carbon dioxide levels, arterial line pressures, and more.

In addition to the upgrade in medical technology, FCHC has two physician hospitalists on staff who provide care to the patients throughout the Health Center in order to assist the patient's primary care physician. FCHC also has multiple cardiologists who regularly visit patients at the Health Center, saving the individual from having to travel out of town for common heart conditions.



Nedra Nolander, RN, BSN, CCU Coordinator, checks medical equipment on the crash cart used for emergencies.



Patient's Stay Close to Home

“We have excellent nurses, great doctors and a newer facility with more high-tech capabilities, which makes us a unique CCU unit,” says Stuckey. “We are now able to provide care to more patients with critical health care needs, rather than having to transfer them to a larger hospital.” She notes that the CCU typically cares for an average of 45-50 patients a month. “Patients benefit by staying at Fulton County Health Center because they are able to obtain quality, patient-centered care, while staying close to the family and friends that are essential to the healing process.” For more information about the FCHC Critical Care Unit, visit www.fultoncountyhealthcenter.org.

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Message from the CEO

The world of hospitals has changed significantly over the past 50 years. Today many surgeries are done with minimal invasion of the body and often on an outpatient basis, which speeds the recovery process. Patients are encouraged to be up and about soon after surgery to enhance healing, and their length of stay has been dramatically reduced. But when a person is critically ill and has a potentially life-threatening health situation, they need constant monitoring

and frequent care. There is one place at Fulton County Health Center designed to handle such situations. It's our CCU, or Critical Care Unit.

There, our experienced nurses assist our physicians using the latest technology to help save lives. The lead story in this newsletter explains the role of the CCU and provides a look at two of our nurses who work there. Hopefully, you will never need to be admitted to our CCU. Nonetheless, it would be wise for you to take time to learn about the capabilities of this important department if you or a family member ever requires our CCU services.

At Fulton County Health Center, our top priority is to make sure a patient's experience is a good one. Patient experience covers a lot of different areas, including the care you receive, how you and your visitors are treated, and more. We've always taken pride in the personal care we are able to provide, and over the past several years we've taken steps to improve upon our performance in that area. A secondary story in this newsletter addresses our patient experience focus.

There are other articles in this newsletter that you may find interesting, including information about our Biennial (every two years) Health Fair and a unique new testing device our lab has installed to test blood samples and rapidly diagnose viruses and bacteria.

As always, we include a list of general health and fitness classes for you to consider. Our Corporate and Community Health Promotion Department works very hard to offer a variety of options in our various communities throughout the year. Please take advantage of them for the benefit of your health!

As always if you have any comments or suggestions, please feel free to contact me or any member of our staff.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

CCU

The View from CCU Nurses

What is it like to care for the sickest of the sick and have to deal with the pressures of caring for a human life? Here's a look at two Fulton County Health Center CCU nurses.

Nedra Nolander,
RN, BSN, CCU Coordinator

Nedra Nolander has been a nurse since 1987 and has worked as a CCU nurse in a variety of large hospitals around the country. She joined Fulton County Health Center in 2003. It is the smallest hospital in which she has worked, but she very much enjoys her work and what the CCU has to offer.

"The large hospitals where I worked had more interns and ancillary staff, while here at FCHC the CCU nurses manage multiple tasks," says Nolander. "We provide the primary care to patients. That's a direct benefit to them, because the patient doesn't have to deal with a multitude of people coming in and out of their room. Plus, we see the patient for 12-hours at a time. We know when something changes in their health that we can report to the physician."

Nolander says she and other CCU nurses are the patient's advocates. "We're their eyes and ears and can let the doctors know exactly what is going on with them at any time." Nolander says the communication between CCU nurses and the attending physicians is excellent. "Our doctors are easy to talk with and listen to what we have to say about each patient. They trust us." She is also impressed with the medical technology FCHC has to offer. "Every year we keep adding newer and better medical equipment to help us and the patient."

Nolander's philosophy of treating patients is simple. "I care about my patients and treat them like they were my family members."

Ashley Demaline, RN, BSN

Despite the pressures of her job, Ashley Demaline enjoys working with critically ill patients. "I enjoy utilizing my critical thinking skills to help determine what is going on with a patient and to communicate that to the attending physician," says Demaline. "I guess you would say the personalities of the CCU nurses are such that we are proactive for the patient."

She joined the FCHC nursing staff in 2008. "There is a real sense of teamwork here with the other CCU nurses as well as with the doctors," says Demaline. "We make rounds in the CCU with the attending physician, which means we hear exactly what the doctor is saying to the patient. That communication is definitely important during the course of the day to monitor and care for the patient."

Like with other FCHC inpatient rooms, CCU nurses cluster their care so as to minimize the interruption to the patient's rest. Yet, they are able to make direct eye contact with three patients at a time from the nurses' station. "We're able to let them rest, but we are always vigilant about watching for any signs of deterioration or sudden changes to their well-being."

Demaline says one of the important roles of the CCU nurse at FCHC is patient education. "We make it a point to sit down individually with each patient for the sole purpose of explaining their plan of care, what tests they have coming up and what to expect with them, and to discuss the specific medications they are on and any potential side effects. Being a CCU nurse is very rewarding, especially when we see our critical patients improving. At the end of the day it is gratifying when patients and families express their gratitude for all of the attentive care they have received from CCU staff, and that makes it worthwhile."

CARING FOR THE SICKEST OF THE SICK

(Continued from page 3)



At the CCU nurses' station, staff members keep a close watch on patient monitors. (L-R): Nedra Nolander, RN, BSN; Ashley Demaline, RN, BSN; and Molly Stuckey, RN, Unit Manager.

Patient Experience is Top Priority

In the world of health care, much attention is given to new, sophisticated medical equipment. While technology is important, it is just one part of the patient experience. The other portion is the human element of care giving.

"Health care is a highly competitive market, and our patients come from many different counties," says Stacie Radabaugh, BSN, RN, FCHC Performance Improvement Manager. "These patients choose our facility because of the care and patient experience they receive here."

Radabaugh says the key to continually improving the patient experience is to seek regular feedback from patients and to act on their comments and suggestions. "We send surveys to a random sampling of our patients in an effort to hear from them on what we can do better," says Radabaugh. "We actively listen to their comments and set goals to improve in those areas."

"As an example, we know that physical comfort has a tremendous impact on a patient's experience. A quiet environment is a healing environment. So we've listened to patients and have taken steps to reduce nighttime noise levels to improve patient rest and have better outcomes." Some examples of changes include:

- A patient told us that the ticking of her room clock kept her awake, so the clocks are systematically being replaced with sound-free clocks.
- Quiet Kits are included in each patient room. The kits include a sleep mask, noise-reducing earplugs, lip balm for the drying effect of the hospital environment, puzzles for patients, and a pencil and notepad to take notes when physicians and care providers visit.
- Overhead paging has been substantially reduced, and staff members are encouraged to close patient doors when entering the room.
- Hospital carts are on a routine maintenance schedule to make sure wheels don't squeak and the carts are easy to push.
- Pickup of supplies and linens on patient floors has been changed to allow patients to rest longer.
- Care providers from various departments have coordinated their efforts to limit interruptions during the night by grouping together as many medical activities as possible into one block of time.

"Another example of working to improve the patient experience is the revitalization of our HUSH program," says Radabaugh. The HUSH program - short for "Help Us Support Healing" - was rolled out several years ago as a hospital-wide program to make FCHC a quieter place. Today, the program continues and has been adjusted to make it even better:

- A daily quiet time is encouraged on all units by limiting patient care activities, reducing noise levels and decreasing light levels.
- Sound machines that play calming music are available for patient use.
- Headphones that plug directly into the patient's bed and connect to the television limit noise for the patient and also for neighboring rooms.
- New signs are posted reminding staff, patients and visitors to consider their voice levels.



HUSH campaign posters were placed throughout the Health Center as a reminder to all to limit noise and create a more healing environment.

FCHC is also looking at ways to assist in pain management in order to improve the patient experience. This past year a new pain control device for orthopedic surgeries was introduced. The new device increased patient satisfaction, lowered patient pain levels and reduced the need for opioid medication during recovery. New epidural pumps have also been in use for women in labor to allow them more control over the amount of medication needed to relieve pain.

"We understand that many patients feel powerless and very vulnerable in the face of illness, and that feeling will affect their experience with us," says Radabaugh. "So, we continually look for ways to involve patients in medical decisions. A big part of that is education." Here are examples of patient education at FCHC:

- A bedside report is given during each shift change in front of the patient.
- Whiteboards are used at the bedside, which contain pertinent information for nurses, the patient and family members.
- Patients are educated about the side effects of medication they are prescribed.
- Discharge packets that contain all discharge education and paperwork are now given to patients, and staff members schedule appointments and help coordinate and plan post-hospital treatment and services.

"The patient experience remains our top priority at Fulton County Health Center," says Radabaugh. "Our entire team is committed to striving for constant improvement based on feedback from our patients."





New Technology to Diagnose Respiratory Infections

Upper respiratory tract infections are common in both adults and children. In fact, estimates show that adults typically get 2-4 upper respiratory tract infections each year, while children average 6-12 upper respiratory tract infections a year. The diagnosis of a respiratory tract infection is not easy since it can be caused by one of dozens of viruses or bacteria. It is compounded by the fact that the symptoms of the different types of respiratory infections are nearly the same.

But now, FCHC physicians have a new weapon in their arsenal to diagnose respiratory infections. In late January of this year, the Health Center purchased and installed a FilmArray® Respiratory Panel instrument manufactured by BioFire™ Diagnostics, Inc. The new lab instrument can test for 17 respiratory viruses and 3 forms of respiratory bacteria in just a little over an hour.

"It's not only easy to use but it provides us with fast, accurate results," says Molly Merillat, MLS, ASCP, FCHC Medical Technologist and Microbiology Section Head. "We do a nasal swab on a patient and place the sample specimen in the instrument to get the results in a little more than an hour."

Currently, the BioFire FilmArray instrument panel is used primarily by area pediatricians to test children for respiratory infections, but it can also be used for adults. It is the only one of its kind in the northwest Ohio area outside of one in the Toledo market.

"This lab testing instrument reduces the chance that a patient remains undiagnosed or misdiagnosed," says Merillat. "And then it enables our physicians to speed up the treatment process by providing antibiotics and medications faster to the patient."

50 Years & Counting

The health care industry has changed significantly over the past 50 years, and one person who has seen it all is Wynemia Waidelich. The Registered Nurse recently celebrated her 50th anniversary as an FCHC employee.

"When people ask me what motivated me to be a nurse in the first place, the answer is easy – I always wanted to be one," says Waidelich. She began her nursing career at Detwiler Memorial Hospital in Wauseon. "Back then I had my Licensed Practical Nurse degree and had spent a few months working at The Toledo Hospital before moving to Evanston, Illinois where I worked at the city hospital," says Waidelich. She moved back to Archbold with her husband after a year and eventually applied for a job at Detwiler. In 1973, Waidelich moved over to the new Fulton County Health Center just down the road from Detwiler Memorial Hospital.

"At Detwiler, there were just a few private rooms," says Waidelich. "Most of the rooms were either two-bed or four-bed wards, and they were separated between the men and the women. And the nurses had to wear a lot of hats. It was our responsibility to set up oxygen tanks and tents for patients with respiratory problems. We would also get supplies for the patient rooms, sterilize our own equipment and even clean the rooms when patients were discharged."

Fifty years ago patients would be admitted to the hospital for lengthy stays, and sophisticated procedures like open-heart surgeries were unheard of. "If a doctor walked into the nurses' station, we would get up and give him our chair. We respected them, and they were definitely in charge."

She says the delivery of health care in 2016 is different, but better, in many ways. "Today, patient care is a collaborative effort between nurses, technicians and the



Teresa Shelt, LPN, Wynemia Waidelich, RN, Connie Stewart, RN, and Angie McWatters, RN standing near Cardiac Rehab equipment during Wynemia Waidelich's 50th Anniversary celebration.

physicians," she says. "Surgeries are much less invasive, and the length of stay in the hospital has dropped significantly. We want you up and moving about and to get you home as soon as it is safe to do so."

Through her career at Fulton County Health Center, Waidelich has worked in the Intensive Care Unit, the Emergency Department and as a part-time evening House Supervisor. Over the past 15 years she has been a member of the Cardiac Rehab Unit. "I really enjoyed my time in the ER because every day was different and challenging," she says. "But Cardiac Rehab is less stressful for me and the schedule is a little easier now that I am 77 years old," she says. "Plus, we see improvement in all of the patients who go through cardiac rehab, and that is rewarding."

What advice would she give to young people thinking about a career in nursing? "I would say they must enjoy working with people, and if they do they will very much enjoy the rewards of helping people get well," she says. "The other thing I would tell them is something a doctor told me a long time ago. Things can be going very well and suddenly the situation turns bad for a patient. And the opposite is true. He said as hard as we work to help a patient, ultimately God is in charge. Never forget that."



Physician Joins Staff

Parkview Physicians Group welcomes home **Dr. Jimmy Zimmerman**. Dr. Zimmerman grew up in Wauseon and graduated from Wauseon High School in 2004. He earned his Doctor of Medicine degree from Wright State University in Dayton and completed his Family Medicine residency training at St. Vincent Hospital in Indianapolis. Dr. Zimmerman is thrilled to be back home in Wauseon serving the community where he grew up. He is currently welcoming new patients. To schedule an appointment, call (419) 335-0215. Dr. Zimmerman's office is located at 725 S. Shoop Avenue, Wauseon, Suite G02, on the ground floor of the FCHC Medical Office Building.



Start Swinging Those Clubs

The 17th Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 9 at Ironwood Golf Course in Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. A silent auction and dinner at FCHC will be held after the outing. Participants will enjoy 18 holes of golf with a cart, a sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorship opportunities are available. Funds raised will go toward updating the FCHC cafeteria (dining room). Entry deadline is May 23 and is limited to the first 36 paid foursomes.

For more information about the cost for the golf outing or for a sponsorship, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603. To make a silent auction donation, contact Mary Gautz at 419-330-2695.

New Nurse Practitioners



Carrienne Baden, NP-C, Nurse Practitioner, joined West Ohio Orthopedics and Rehab in July 2015. Prior to pursuing her advanced degree, she was employed for nine years as a Registered Nurse, First Assistant in FCHC's Surgery Unit, often working closely with Orthopedic Surgeons Dr. Daniel McKernan and Dr. Christopher Spieles. Baden is certified by the American Academy of Nurse Practitioners. She holds a Master of Science in Nursing from The University of Toledo and a Bachelor of Science in Nursing from Bowling Green State University. West Ohio Orthopedics and Rehab is located at 735 S. Shoop Ave., Wauseon in the West Ohio Building.



Kelly Routhier, NP, Pediatric Nurse Practitioner, has recently joined West Ohio Pediatrics and the practice of Christopher Meyer, MD, FAAP. Routhier is a graduate of Ohio University with 20 years of experience as a Registered Nurse. The early part of her career was devoted to caring for children in Critical Care and Emergency Department settings. This experience ignited a passion in her to provide children of all ages with the highest quality of primary care services as possible. Routhier was born in this area but grew up in Arizona. She currently resides in West Unity along with her husband and two teenage children. West Ohio Pediatrics is located on the second floor of the FCHC Medical Office Building, Suite 204.

A Life-Saving Screening

March is Colon Cancer Awareness Month, and Fulton County Health Center would like to remind you that early detection through a colonoscopy can add years to your life. You should schedule a colonoscopy if you have any of these colorectal cancer symptoms:

1. A change in bowel habits such as diarrhea, constipation or narrowing of the stool that lasts for more than a few days
2. A feeling that you need to have a bowel movement after you have had one
3. Bleeding from the rectum or blood in the stool
4. Cramping or a gnawing pain in the stomach
5. Decreased appetite
6. Weakness and fatigue
7. Jaundice (yellow-green color of the skin)

If you would like more information, or if you exhibit any of these symptoms or are over the age of 50, contact the FCHC Endoscopy Department at 419-330-2749 for information on colonoscopy screenings. Or, send an email to info@fulhealth.org.

FCHC Auxiliary Fundraising Events

April 20 & 21.....Passion 4 Fashion, FCHC Cafeteria
May 7 Geranium Sale Pickup (Order dates are March 14-April 15);
forms available in the FCHC Gift Shop Auxiliary office and from Auxiliary members
May 12Nurse's Edge, Fulton Manor Activities Room
May 19 & 20.....\$5 Jewelry Sale, FCHC Cafeteria
June 9.....Golf Outing and Silent Auction

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.



Help Save a Life

*FCHC to Host Flag Raising
and Green Chair Event April 12th*

Across the country, nearly 122,000 individuals are waiting for a life-saving organ transplant. April is Donate Life Month, and Organ Procurement Organizations (OPO) will spread the word about organ, eye and tissue donation. Life Connection of Ohio is the northwest Ohio OPO that serves as the link between organ donors and transplant recipients.

On April 12, Life Connection of Ohio will team with FCHC to raise awareness and educate the community. "We're going to have Life Connection's Green Chair in our lobby," says Sharon Reddington, RN, BSN, FCHC's Manager of Staff Development & Nurse Recruitment. "The Green Chair is the focal point of a statewide campaign to provide education about organ, eye and tissue donation." The chair represents hope and encouragement that as more people register to be donors, the fewer empty chairs there will be.

Life Connection's Green Chair will be in the FCHC lobby from 8:00 a.m. on April 12th to 8:00 a.m. on April 13th. The public is invited to visit and take pictures of family members sitting in the chair. At 11:00 a.m. on April 12th, the Donate Life Ohio flag will be raised in front of the FCHC front entrance. Several organ recipients will speak at the 20-minute event. To learn more or to register as an organ, eye and tissue donor, visit DonateLifeOhio.org, or visit lifeconnectionofohio.org.

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.

Cooking Real Food for a New You

This 5-week series is for those looking to prepare healthy meals that taste great. Tues., April 12- May 10, 12:00-12:30 p.m., \$20, Third Floor Training Room. Must pre-register by calling 419-330-2721.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., April 5 or June 7, 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., April 19 & June 21, 9:30-11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Managing Your Blood Pressure

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tues., May 3 or July 19, 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.

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 14 or July 9, 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 2 or June 18, 9:00 a.m.-1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

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

Sat., April 23, 9:00 a.m.-3:00 p.m., \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., April 30, 9:00 a.m.-3:00 p.m., \$20, Swanton Library. Call 419-826-2760 to register.

Sat., May 7, 9:00 a.m.-3:00 p.m., \$20, Archbold Library. Call 419-446-2783 to register.

Sat., May 21, 9:00 a.m.-3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register.

Sat., June 4, 9:00 a.m.-3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.

Sat., June 11, 9:00 a.m.-3:00 p.m., \$20, Liberty Center Library. Call 419-533-5721 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., May 2, 9, 16 & 23 from 5:00-6:00 p.m., Free, FCHC Emergency Department Conference Room. To register, call 419-330-2735.



Health & Wellness Programs

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

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 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 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).

Diabetes Education & Support

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

Diabetes Education Community Class at Local Senior Center

Open to any senior age 60 or older! **Tues. April 5, 11:00-11:45 am**, Fayette Senior Center, Fayette Opera House, 105 E. Main St. For more information, call 419-337-9299.

Free Support Group

Thurs., April 14, May 12 & June 9, 5:00-6:00 p.m., Diabetes Education Office, 3rd Floor. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance to stay on track with your diabetes self-care, this is the place for you!

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., May 19 & July 21, 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.

Heart Radiothon Library Screenings

Get a handle on your health through the Heart Radiothon Library Screenings.

Participants will be tested for their total cholesterol, HDL (good cholesterol level) and blood glucose (blood sugar) level. Blood pressure will also be checked. All screenings are in the local libraries listed below, from 4:00 p.m. - 7:00 p.m. A \$5 donation to the Heart Radiothon is requested.

Wauseon Library.....Thursday, March 31
Fayette LibraryMonday, April 4
Delta Library.....Tuesday, April 5
Archbold LibraryMonday, April 11
Swanton Library.....Wednesday, April 13
Evergreen Library.....Wednesday, April 27



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & 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 – April 4 – May 21 (except where noted); 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.

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 be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

Cardio Craze Plus

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

Cardio Dance

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

Delay the Disease

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

Drums Alive®

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

Gentle Movement

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

Parent & Child Water Wonders

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

Parent & Child Water Wonders - Advanced

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, 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. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Total Body Thrive	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
Drums Alive® (April 16-May 28)	SAT	9:30 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement	M & W	9:30 AM	FC Senior Center
(Donations appreciated. Co-sponsored by American Physical Rehabilitation Network & FCHC Rehab Center)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Rehab Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center

Wauseon Aquatics	Day(s)	Time	Location
Aqua Zumba®	T & TH	8:30 AM	FCHC Rehab Center Pool
Aquatic Noodle Workout	T	5:30 PM	FCHC Rehab Center Pool
Aquatic Noodle Workout (Advanced)	T	6:30 PM	FCHC Rehab Center Pool
Aquatic Noodle Workout	TH	5:30 PM	FCHC Rehab Center Pool
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center Pool
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center Pool
SilverSneakers® Splash	T & TH	9:30 AM	FCHC Rehab Center Pool
(Free to SilverSneakers® card holders, regular pricing applies to others)			
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center Pool
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM	FCHC Rehab Center Pool
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM	FCHC Rehab Center Pool
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM	FCHC Rehab Center Pool
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM	FCHC Rehab Center Pool
April 9-May 28 - 8 weeks - \$32-Class is 30 min.			

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

Evergreen School District	Day(s)	Time	Location
Cardio Dance (6 week session)	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance (6 week session)	W	7:00 PM	Evergreen Elem. School Gym

Fayette School	Day	Time	Location
Cardio Dance (6 week session)	W	6:30 PM	Fayette Junior High School Gym



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & 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 – April 4 – May 21 (except where noted); 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes)

Health & Fitness Class Descriptions

Health & Fitness Classes

Napoleon	Day(s)	Time	Location
Tai Chi (Free - Sponsored by Orchards of Northcrest)	M & F	2:00 PM	Henry County Senior Center

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

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

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

Fairlawn Retirement Community	Day(s)	Time	Location
Aquatic Zumba®	M & W	8:30 AM	Wyse Commons
Aquatic Noodle Workout	M	5:30 PM	Wyse Commons
Aquatic Noodle Workout	W	5:30 PM	Wyse Commons
Gentle Movement (Donations appreciated. Co-sponsored by Archbold Parks & Recreation Dept.)	M, W & F	9:30 AM	Wyse Commons
Parent & Child Water Wonders (April 5-May 24-8 weeks-\$32, Class is 30 minutes)	T	4:00 PM	Wyse Commons

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept., 10 classes - \$27, 20 classes - \$40, 21 or more \$50)			
Zumba Step®	M	5:30 PM	Park Pavilion
Zumba®	W	5:30 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Tabata Fire	M, W & F	5:30 AM	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 7 classes - \$35, 14 classes - \$62; begins April 2	T	5:00 PM	FCHC Beck Mtg. Rm.

Pioneer	Day	Time	Location
Yoga 7 classes - \$35	W	6:00 PM	Church of the Nazarene

Swanton	Day(s)	Time	Location
Yoga 7 classes - \$35, 14 classes - \$62	T & TH	7:15 PM	Trinity United Methodist

Archbold	Day(s)	Time	Location
Yoga – Gentle	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate 7 classes - \$30, 14 classes - \$48 (Co-sponsored by Archbold Parks & Recreation Dept.)	M & TH	7:30 PM	Park Pavilion

Stretch & Balance

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

Tabata Fire

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

Tai Chi

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

Total Body Thrive

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

Yoga

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

Yoga - Gentle

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

Yoga - Intermediate

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

Zumba®

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

Zumba® Step

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

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

Patti Finn,
Chief Executive Officer
Carl Hill
President, Board of Directors
Steve McCoy
Director of Marketing and Planning

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



Date:
April 9

FCHC Biennial Health Fair

Place: FCHC Beck Meeting Room

Parking: South Lot – Use ER Entrance

Time:
7 a.m.
to
11 a.m.

YOU ARE INVITED

Sponsored By: The FCHC Corporate & Community Health Promotion Department

Free Admission. Light Refreshments. Giveaways & Prizes!

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. Blood draws will end at 9:30 a.m.

- Lipid profile for heart health
- Tests for liver & kidney health
- Hemogram to detect infections or anemia
- PSA for men: add \$25
- A1C Screening: add \$25
- Vitamin D: add \$25

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
- Nutrition
- Diabetes

2. Free Tests

- Blood Pressure Screening
- Derascan Screen (for sun damage)
- Osteoporosis Screening
- Vision Test
- Hearing Test
- Blood Sugar (finger stick)