

A publication of Fulton County Health Center

# Health *Centering*

## Fulton Manor: Celebrating 20 Years!

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



## On December 7, 1996

Fulton County Health Center opened its 71-bed Fulton Manor Skilled Nursing facility and 15-bed Fulton Suites Independent Living units. That same day Detwiler Manor, the county nursing home, closed its doors. Detwiler Manor residents were moved to the new Fulton Manor. Along with the residents came several staff members who moved over to Fulton Manor, including Mary Jo Smallman, LNHA, Administrator at Fulton Manor and Fulton Suites. Smallman and three other staff members from Detwiler Manor, remain as staff members at Fulton Manor 20 years later.

# CELEBRATING

"It takes a special, flexible, caring person to work in our facility."

—Mary Jo Smallman, LNHA, Administrator

# 20 years!



Kathryn Brown, LPN uses a hallway computer to input medical information while interacting with residents nearby.

Fulton Manor provides residents with 24/7 skilled nursing, daily skilled rehabilitation if needed, three balanced meals a day, laundry and housekeeping services, and many activities to keep them engaged and active. Fulton Suites provides residents with an independent lifestyle in a private suite consisting of a bedroom, living area, bathroom and kitchenette.

## A Variety of Customers

Smallman says some residents come directly from their homes when they and their family feel it's time an aging parent can no longer live alone. "If it's a matter of not being able to maintain a home, then our Fulton Suites Independent Living units could be the answer," says Smallman. **"Perhaps they need skilled nursing care to help them with medications, bathing, mobility, and other daily activities. Or they have had a medical crisis and can't return home because they need nursing care. In those cases, Fulton Manor may be the solution."** Smallman says that some residents come to them after being discharged from FCHC or a Toledo area hospital.



Lynette Smith, Business Office spends time in the main entrance with resident Stanley Frey.

## The Industry Has Changed

Skilled nursing and long-term care have been around for quite some time. What has changed over the years is the health conditions of the residents coming into the facility. "In 2017, we're getting people who are more acutely ill than ever before," says Smallman. "Years ago these individuals would go and stay in the hospital. But hospital regulations and health care coverage



have changed. Those patients now come to us as residents. That's the most significant difference in our industry compared to even just five years ago."

Smallman says many of those acutely ill persons are cardiac patients with congestive heart failure, chronic obstructive pulmonary disease, or who have had a cerebrovascular accident. In some cases they are orthopedic patients who have just had joint replacement surgery. "These residents need post-acute skilled nursing care from licensed professionals who are trained to handle them," says Smallman. Based in part on changes in federal health care regulations, the Fulton Manor skilled nursing staff must undergo regular on-site training sessions.



(L-R): Ron Torrez, RN ADON, Staff Development uses the Fulton Manor training room for academic development with Renee Marry, RHIT; Tammy Miller, ADC; and Kayla Damman, LSW, MSW, QAPI Specialist.

## Focusing on the Individual

Through the years, Fulton Manor has adopted a more personalized approach to providing care. For example, years ago there was a regular schedule for residents to wake up, shower, eat their meals, and go to sleep. "Now, we let each resident decide all of those things on their own," says Smallman. "We're not so task-driven anymore. We'd rather have our nurses interact with residents before they make the beds." Another example is the use of computers in hallway wall units, which allows staff to enter medical information while engaging with residents.

Fulton Manor also utilizes a "consistent staffing" philosophy, where nurses are assigned to a specific area, allowing them to learn the intricacies of each resident.



Kayla Damman, LSW, MSW, QAPI Specialist (left) and Renee Marry, RHIT (right) in their office.

"Our staff can detect even little changes in a resident's health since they see them every day," says Smallman.

## Quality Assurance

A Quality Assurance Specialist was added two years ago to oversee the quality of care being provided. The staff member looks at the processes being used and implements programs that are resident-centered. In addition, the QA specialist reviews resident and family satisfaction surveys conducted by the Ohio Department of Aging. The staff member is also involved in following a Quality Assurance Performance Improvement plan initiated by the Centers for Medicare and Medicaid Services.



These staff members have been at Fulton Manor since the doors opened. (L-R): Mary Jo Smallman, LNHA; Richard Wolfe, RN, MDS Coordinator; Judy Lozer, STNA; Beverly Beaverson, STNA.

## Facilities Are Upgraded

After 20 years, Fulton Manor needed a facelift. The entrance benefitted from new carpeting and a stone wall while the dining room received new flooring, paint and furniture. The Activity Room was also

spruced up. "Our goal was to make the facility more homelike and less institutional," says Smallman.

Fulton Manor and Fulton Suites are on the FCHC campus, which allows Health Center physicians to visit residents at Fulton Manor. Residents can also be transported to the Health Center for tests without having to go outside.

## Quality, Personalized Care

Although long-term care residents tend to be more acutely ill than in previous years, the staff at Fulton Manor is equipped for the challenge. Regular on-site training, a new quality assurance staff member, facility upgrades to create a homelike atmosphere, and a person-centered approach are highlights of Fulton Manor today. For more information, contact Admissions at 419-335-2017, Ext. 2803.



Anthony Smith, PT, DPT provides gait training to resident Bernice Rice.



# New Patient Care Managers Provide Education

**R**ecently, FCHC began providing Patient Care Management (PCM) services to patients with select health conditions. The Program utilizes Registered Nurses who provide condition specific education, teach self-management techniques, and assist with transitions from the hospital to the home. The nurses will follow the patient for up to 30 days after discharge with phone calls. “Here at FCHC, we have recognized the need to assist patients when transitioning from the hospital to their home,” says Chief Nursing Officer, Tiffany Siegel. “Over the last year, FCHC has established the Patient Care Management Program.” The Patient Care Managers include Sarah Bryan, BSN, RN, and Nicole Gleckler, RN, members of the FCHC Case Management team.



Initially, patients diagnosed with Congestive Heart Failure (CHF) and/or Chronic Obstructive Pulmonary Disease (COPD) will receive patient care management services. Eventually, other health conditions will be included as well. Patients who receive PCM services will be seen by the Patient Care Manager RN. The PCM nurse will assess the patient and develop an individualized plan of care that includes education on their health conditions and medications, as well as self-management techniques. “Each patient’s needs are individually assessed and the program is tailored to their needs,” says Bryan. Each patient will receive an individualized binder that includes health information and education related to their health condition that they will take home with them.



*Alan Rivera, MD, FCHC Hospitalist, leads a Patient Aligned Care Team (PACT) meeting of FCHC staff members from multiple disciplines. Each morning the PACT members meet to discuss the status of each hospitalized patient.*

After discharge, the Patient Care Manager RN will continue to communicate with the patient, health care providers, caregivers, and outside agencies with whom the patient is established.

In an effort to improve communication and patient care, FCHC began holding Patient Aligned Care Team (PACT) meetings. Every morning a meeting that includes multiple disciplines is held to discuss each patient individually and address their health status and care plan. “The PACT meetings are intended to encourage members of the care team to communicate with each other on a regular basis,” says Gleckler. The group includes the Hospitalist, Patient Care Manager, Discharge Planner, Social Worker, Pharmacist, Nursing, Respiratory Therapy, Physical and Occupational Therapy, Infection Control, and a Dietitian.

For more information about the Patient Care Management program, contact Sarah Bryan, BSN, RN, 419-337-7380 or Nicole Gleckler, RN, 419-330-2720.



*Sarah Bryan, BSN, RN, and Nicole Gleckler, RN, are Patient Care Managers who work with patients who have specific medical conditions. They are pictured with an educational binder they have developed to guide patients when they return home.*



## A NOTE ABOUT NONDISCRIMINATION

Fulton County Health Center is compliant with Section 1557, the nondiscrimination provision, of the Affordable Care Act (ACA). The law prohibits discrimination on the basis of race, color, national origin, sex, age, or disability in certain health programs and activities. Section 1557 builds on long-standing Federal civil rights laws by extending nondiscrimination protections to individuals participating in:

- Any health program or activity any part of which received funding from the Department of Health & Human Services (HHS)
- Any health program or activity that HHS administers
- Health Insurance Marketplaces and all plans offered by issuers that participate in those Marketplaces

One of the requirements of Section 1557 is that FCHC, like other health care facilities, must offer qualified interpreters for those who primarily speak a language other than English when discussing medical information. A statement indicating that FCHC provides the interpreters free of charge is posted in the 15 most common non-English languages in Ohio. You may have seen similar documents from your insurance company or in your doctor's office. The information is posted in registration areas and on the FCHC website.

The Health Center has several qualified interpreters who may be available for in-person interpretation when given sufficient notice. The hospital uses a 24-hour interpreter service to provide qualified audio interpreters in many different languages, and it will soon have video interpretation available as well.

In addition, FCHC offers individuals the option of completing a form during registration that allows them to indicate their gender at birth, as well as their current sexual identity. The form is used to guide health professionals in providing the appropriate care for patients who may identify differently from their gender at birth.

For more information about Section 1557, visit [www.hhs.gov](http://www.hhs.gov).

# Fulton County Health Status Assessment

Like all good organizations, Fulton County Health Center is continually planning for the future. As a member of The Fulton County Partners for Health, FCHC relies on research conducted by the consortium to help gauge the health care needs of the communities it serves.

Every three years the partnership conducts a comprehensive Fulton County Health Status Assessment, a survey of adults and youth to determine the state of health of local residents. The Health Status Assessment is conducted using a written survey that is mailed to a random sampling of adults and adolescents in Fulton County. It asks questions about many health topics such as cardiovascular disease, cancer, diabetes, weight, use of tobacco products, access to health care, general health conditions, and much more.

"The 2016 Fulton County Health Status Assessment lets us look at trends in the health care of adults and youth in Fulton County," says Steve McCoy, FCHC Director of Marketing and Planning. "We compare current trends to trends from previous years. That allows us to determine what has changed and whether or not the agencies involved in the study are meeting the health care needs of the community." The survey results are then used to help guide the FCHC planning team as they look short-term and into the future.

The 2016 Fulton County Health Status Report is available to download by visiting our website at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) and clicking on the Fulton County Health Assessment link on the left column of our home page.

"All successful organizations hold regular planning sessions so they can be proactive," says Patti Finn, FCHC CEO. "The efforts put into developing our short and long-term plans will be a great benefit to both current and future generations. We remain committed to continually working to improve delivery of health care to our communities."





# Message from the CEO

This past December, we celebrated the 20th anniversary of Fulton Manor and Fulton Suites, our Skilled Nursing facility and Independent Living units, respectively. When the county-owned Detwiler Manor closed 20 years ago, Fulton Manor opened its doors to those residents. Today, it continues to thrive as an option for those requiring skilled rehabilitation, skilled nursing or long-term care. Our lead story features Fulton Manor and Fulton Suites, and covers the changes seen in the industry over the past 20 years.



I am pleased to report that we have just implemented a new Patient Care Management program to assist patients with Congestive Heart Failure and Chronic Obstructive Pulmonary Disease. The program focuses on educating patients so they better understand their disease and offers guidance for them to take the necessary steps to remain healthy. The program was developed by two members of our Case Management team. Take time to learn more about our Patient Care Management program.

Other articles in this newsletter that you may find interesting include: the expansion of services and hours in our FulCare Behavioral Health Partial Hospitalization program, our financial assistance and nondiscrimination policies, and the 2016 Fulton County Health Status Assessment study.

We've also included a list of health and fitness classes for you to consider. Our Corporate and Community Health Promotion Department works very hard throughout the year to offer a variety of class options to community members. Please take advantage of them.

As always, if you have any comments or suggestions, please feel free to contact us.

Best Regards,

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer

## Donate Life Event at FCHC

On April 13, Life Connection of Ohio will partner with FCHC to raise awareness and educate the community about organ, eye and tissue donation. Life Connection of Ohio promotes and facilitates organ donation in northwest and west central Ohio.

"Life Connection's Green Chair will be in our lobby from 8:00 a.m. on April 13th to 8:00 a.m. on April 14th," says Sharon Reddington, RN, BSN, FCHC's Manager of Staff Development & Nurse Recruitment. "The public is invited to take pictures of family members sitting in the chair." The Green Chair is the focal point of a statewide awareness campaign to remember people affected by organ, eye and tissue donation: recipients, donor families, those waiting for a transplant, and families of those who died while waiting. The chair is an invitation for people to take a seat and share their story. It is intended to be a symbol of hope and encouragement.

At 10:00 a.m. on April 13th, the Donate Life flag will be raised in front of the FCHC front entrance. Those with a connection to donation will speak at the 20-minute event. To learn more – or to register as an organ, eye and tissue donor – visit [lifeconnectionofohio.org](http://lifeconnectionofohio.org).



Jane Patterson (left) and Lacie Zuniga, FCHC Oncology Department Unit Secretaries, at last year's Donate Life Green Chair Event.

## Financial Assistance Policy - Plain Language Summary

The Fulton County Health Center financial assistance policy provides eligible patients partially or fully discounted emergency or medically necessary medical care. Patients seeking financial assistance must complete an application for financial assistance, which is summarized below. This Financial Assistance Policy is being published to satisfy requirements related to Sec 501(r) of the Internal Revenue Service Code.

### Eligible Patients/Services

Eligible services will include all emergency and medically necessary services provided by FCHC. Eligible patients include all patients who submit a financial assistance application who are determined to be eligible for financial assistance.

### How to Apply

Financial Assistance Applications are available at the following locations:

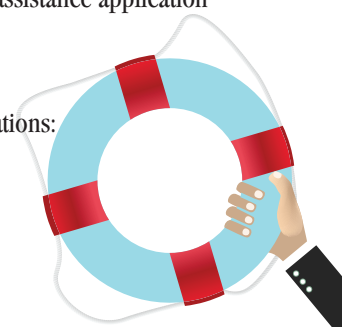
- FCHC Emergency Department or Other Registration Locations
- Cashiers Office, 725 S. Shoop Ave., Wauseon, OH 43567
- Contact Financial Counseling at 419-330-2669 option 7
- Download a copy at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org)

### Determination of Eligibility

Patients are eligible for financial assistance through FCHC based on their income level and family size as it relates to the Federal Poverty Levels. Patients with family income of 400% or less than the Federal Poverty level, based on family size, may be eligible for discounts up to 100% of the cost of their eligible services. Eligible patients will not be charged more for emergency or other medically necessary services than Amounts Generally Billed (AGB) than those patients that have Medicare or another private insurance.

### Availability of Financial Assistance Policy

Free copies of the Financial Assistance Policy are available at all locations listed above. Spanish versions of the application and policy are also available.



## Meet Our New COO



FCHC's new Chief Operating Officer (COO) has a familiar face. That's because Kristy Snyder, a long-time member of the FCHC staff, has been promoted from Director of Human Resources to COO.

Snyder began her new role on January 3, 2017, her 29th anniversary as a member of the staff. All 29 years were spent as Director of Human Resources. Snyder will assist CEO Patti Finn with the day-to-day operations of Fulton County Health Center and Fulton Manor as well as working with the management team on long-term planning. "When I was in high school I volunteered to work at area hospitals, and I really enjoyed the environment," says Snyder. "I also was a member of Junior Achievement in high school, and I liked the management side. I decided health care administration was where I wanted to be." She holds a B.S. in Business degree from the University of Toledo with a specialization in Health Care Management.

## Dr. Mahoney Appointed to Cancer Commission

Patricia Mahoney, MD, received a three-year appointment as Cancer Liaison Physician for Fulton County Health Center.



Cancer Liaison Physicians are an integral part of cancer programs accredited by the American College of Surgeons Commission on Cancer. She is responsible for evaluating, interpreting and reporting FCHC's performance data through the National Cancer Data Base and facilitating quality improvement initiatives based on data findings. In addition, Dr. Mahoney is responsible for leading the Commission on Cancer's initiatives within the cancer program and collaborating with agencies such as the American Cancer Society on behalf of the Health Center. The Commission on Cancer collects data from its accredited cancer programs and provides tools for these programs to facilitate analysis of patterns of diagnosis, treatment, and quality of care for patients treated at the hospital.

## Cafeteria Gets a Makeover

The FCHC cafeteria, one of the busiest areas of the Health Center, has undergone a complete makeover. Wallpaper was replaced with freshly painted walls, a faux rock wall was constructed on one end to add visual interest, and new carpeting was installed. Thanks to a generous \$35,000 donation by the FCHC Auxiliary, new tables and chairs were purchased. "Rumor has it that the four large metal tables we replaced had been part of the cafeteria since 1973 when the Health Center first opened," says Mary Gautz, LSW, FCHC Volunteer Coordinator. "It was time for a change. The room has been lightened up and, with the new furniture, feels more spacious. Our Auxiliary is pleased to help make the Health Center a more beautiful, comfortable and compassionate environment."



## Heart Radiothon Screenings

Take advantage of these timely health screenings throughout Fulton County. Participants can 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.

Evergreen Library .....	Wednesday, April 5
Fayette Library .....	Monday, April 10
Swanton Library .....	Thursday, April 13
Archbold Library .....	Tuesday, April 18
Delta Library .....	Wednesday, May 3
Wauseon Library .....	Thursday, May 18

## Start Swinging Those Clubs

The 18th Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 8 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 be used in future FCHC projects to help make the Health Center a more beautiful, comfortable and compassionate environment. Entry deadline is May 25 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.

## FCHC Auxiliary Fundraising Events

April 12 .....	Easter Spring Flower Sale, Cookies, Mennonite Pantry Items, FCHC Cafeteria
April 26 - 27 .....	U B Dazzled, FCHC Cafeteria
May 4 .....	Nurses Edge, Fulton Manor
May 6 .....	Geranium Sale Pickup (Orders taken March 13-April 7); forms available in the FCHC Gift Shop, Auxiliary office and from Auxiliary members
June 8 .....	Golf Tournament & 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, LSW, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.



# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](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.

### **Full Body Skin Cancer Screening**

Early detection of skin cancer is key to treatment and long-term health. Free screenings provided by Christine Kuhlman, NP-C, Wauseon Derma Surgery Center. Limited availability. Thurs., May 18, 8:00 a.m. - 12:00 p.m., FCHC Oncology Department. To schedule an appointment, call 419-330-2735 and choose Option 4; if no answer, please leave a message.

### **Plant, Prepare and Preserve Healthy Foods**

Learn and review the basics of gardening: planting, growing and harvesting your own food. Then move on to healthy recipes and preserving methods to extend use throughout the year. 4 week series, Tues., May 2 - May 23, 12:00 - 12:30 p.m., \$20. Call 419-330-2721 to register. Location to be announced.

### **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 11, 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 25, 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 9, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class.

## Smoking Cessation

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Mon., May 1, 8, 15, 22, 5:00 - 6:00 p.m., Free, FCHC Emergency Department Conference Room.



## Safety

### **American Heart Association Heart Saver CPR & First Aid**

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., May 13 or July 8, 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 22 or June 10, 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 29, 9:00 a.m. - 3:00 p.m., \$20, Swanton Library.  
Call 419-826-2760 to register.

Sat., May 6, 9:00 a.m. - 3:00 p.m., \$20, Archbold Library.  
Call 419-446-2783 to register.

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

Sat., May 27, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center.  
Call 419-330-2735 to register.

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

## 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.





# 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.

## 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).

## Weight Loss Surgery

Attend this free seminar on Monday, April 3, May 1 or June 5 at 5:00 p.m., in the FCHC Emergency Department Conference Room to learn more about Sleeve Gastrectomy weight loss surgery. Join Timothy Duckett, MD, FACS, General Surgeon, and the staff of our Weight Solutions program, for an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

## 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 18, 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.

## Diabetes Education

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

### **New Classes!**

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

### **Taking Charge of Blood Sugars:**

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

**Diabetes Education Community Class at Local Senior Centers** - Open to any senior age 60 or older. For more information, call 419-337-9299.

Tues., April 25 - 11:00-11:45 a.m., Delta Senior Center, 101 Northwood Drive (inside Delta Methodist Church).

Wed., May 24 - 11:00-11:45 a.m., Archbold Senior Center, Ruibley Park Scout Cabin.

Tues., June 6 - 11:00-11:45 a.m., Wauseon Senior Center, 240 Clinton St.

### **Free Support Group**

April 13, May 11, June 8, 5:00 - 6:00 p.m., Diabetes Education Office, 3rd Floor. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary. Just stop by the office and a certified diabetes educator will be waiting to support you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!





# 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 – April 3 – May 20; 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!

### **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.

### **Aqua Zumba®**

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

### **Cardio Core**

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

### **Cardio Craze Plus**

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

### **Cardio Dance**

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

### **Delay the Disease**

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

### **Drums Alive®**

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

### **Gentle Movement**

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

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

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

## Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Tabata Fire	M, W & F	5:30 AM	FCHC Rehab Center
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Zumba®	M & TH	6:45 PM	FCHC Rehab Center
Zumba®	T & TH	5:30 PM	FCHC Rehab Center
Drums Alive®	SAT	9:30 AM	FCHC Rehab Center
Tai Chi	SAT	10:45 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.)			
Delay the Disease (for Parkinson's Disease)	T	10:00 AM	FCHC Rehab Center
Delay the Disease (for Parkinson's Disease)	TH	11:30 AM	FCHC Rehab Center

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

Fayette	Day(s)	Time	Location
Cardio Dance	W	6:30 PM	Fayette Jr. H.S. Gym

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

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

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

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

Parent & Child Water Wonders (Beginner/Advanced)	W	4:00 PM (30 min.)	Wyse Commons
(April 5 - May 17, 7 weeks - \$28)			



## Health & Fitness Class Descriptions

### Health & Fitness Classes

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
<b>New! STRONG by Zumba™</b>	T & TH	5:30 PM	Park Pavilion
<b>New! STRONG by Zumba™</b>	TH	6:30 PM	Park Pavilion
Cardio Craze Plus	M & W	5:30 PM	Park Pavilion
7 classes - \$21, 14 classes - \$32, 15 or more - \$42			

**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	T	5:00 PM	FCHC Beck Mtg. Rm.
7 classes - \$35, 14 classes - \$62			

Evergreen	Day(s)	Time	Location
Yoga	M & W	7:00 PM	Evergreen Elementary
7 classes - \$35, 14 classes - \$62			

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

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
Yoga	TH	7:30 PM	Park Pavilion
Yoga – Gentle	T	7:00 PM	Park Pavilion
Yoga – Intermediate	M	7:00 PM	Park Pavilion
7 classes - \$30, 14 classes - \$48			

## Need a Personal Trainer?

The FCHC personal training program is for people of all ages! This results oriented program is designed to help individuals meet their unique fitness needs and goals. It may include weight management, sports conditioning, sports specific training, and/or improving overall health. Programs are customized for each individual. All FCHC personal trainers are degreed and/or certified by a nationally recognized organization. For costs and other information, call 419-330-2722.



### **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.

### **SilverSneakers® Classic**

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

### **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.

### **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.

### **STRONG by Zumba™**

STRONG by Zumba™ is a music-led interval training that is crafted to drive the intensity in a challenging progression to achieve a total body workout.

## Partial Hospitalization Program Expands

FulCare Behavioral Health's Adult Partial Hospitalization Program (PHP) continues to add services. On February 1st, staff members began relapse prevention follow-up phone calls within seven days to clients who had completed the program. "We want to make sure our clients are doing okay and that they follow up with their first therapist or psychiatrist appointment after they have been discharged," says Nancy Gilligan, MSW, LSW.

PHP now provides two one-on-one sessions per week for every client with a social worker. Previously, one weekly session was offered. The program also extended its weekday hours: Monday - Thursday 9:00 a.m. to 3:00 p.m. and Friday 9:00 a.m. to 2:00 p.m.

In addition to the expanded services, the program is developing a free aftercare support group that will launch this spring. The aftercare group will meet monthly for 1-1/2 hours to help provide relapse prevention and resources.

Depression and anxiety are two of the most common disorders for people seeking help through PHP. The program offers structured short-term therapy over five full days and is tailored to each individual's needs. It provides direction and tools that each person can use.



Individuals requiring less intensive therapy may benefit from FulCare Behavioral Health's Adult Intensive Outpatient Program. It offers clients the option to choose three full days of treatment or three hours a day for five days. For those over the age of 60, the Geriatric Unit offers a specialized track that focuses on specific older adult needs.

In addition to PHP and IOP, FulCare Behavioral Health offers a variety of adult services: The Older Adult (age 60+) Inpatient Psychiatric Program, the Older Adult Intensive Outpatient Program, and the Adult Traditional Outpatient Program. A free, comprehensive assessment is performed when each individual first arrives to determine the best level of care needed.

FulCare Behavioral Health's Partial Hospitalization Program is located on the 4th floor of the Health Center. To learn more, contact 419-337-8661.

*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.