

A publication of Fulton County Health Center

Health Centering

The End of an Era: *E. Dean Beck to Retire*



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FULTON COUNTY
HEALTH CENTER
Completing the circle of care

September 1, 2012 will be an important day in the history of Fulton County Health Center as long-time FCHC Administrator E. Dean Beck will step down after leading Fulton County Health Center for 37 years. Beck tendered his resignation to the Health Center's Board of Directors at their January meeting. In March, the Board announced they will promote Patti Finn, FCHC Assistant Administrator, to the top post. Since 1975, E. Dean Beck has led FCHC through many stages of growth as the health care delivery system has changed. So as one era ends, and another begins, it's time to take a look back at the career of E. Dean Beck and how his vision has shaped and guided the Fulton County Health Center you know today.

The End of an Era

The Early Years

The E. Dean Beck story begins in Archbold, Ohio, where he was born and raised. After graduating from Archbold High School in 1960, he spent one year attending Goshen College before going into volunteer service through the Mennonite Church. While in volunteer service E. Dean Beck and his wife Jeannette (Wyse) moved to Denver, Colorado where he worked at General Rose Memorial Hospital for four years as their Admitting Manager. In 1965 he returned to Archbold, where he worked in private industry while also attending Defiance College. In 1968 he graduated from Defiance College with a Bachelor of Arts in Business Management and Economics. In September 1968, E. Dean Beck was hired by the former Detwiler Hospital in Wauseon as their Accountant/Office Manager. In 1973, Detwiler Hospital moved into its new facility and became known as Fulton County Health Center. On September 1, 1975, E. Dean Beck became FCHC's Administrator. Through his leadership, Beck has guided the Health Center through four major expansions along with the addition of many new services and advanced technology to meet the area's growing health needs.

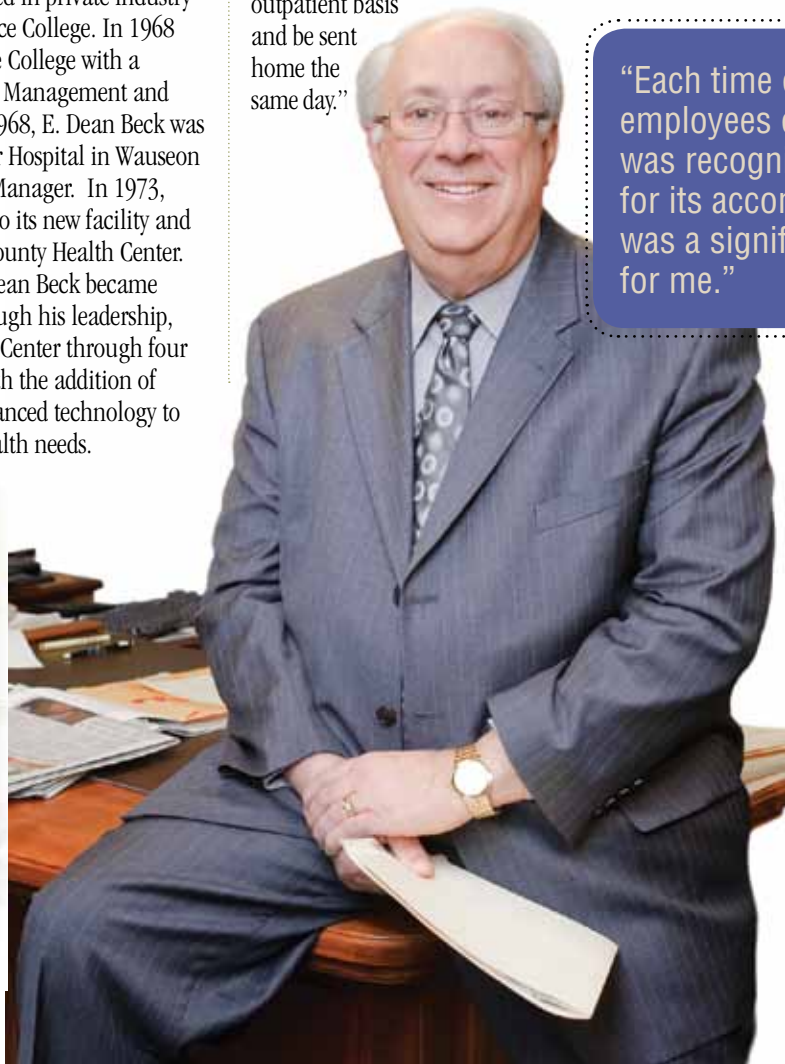
Keeping Pace With Changes

"In the early 1960's, everything was moving towards inpatient care," says Beck. "That is why we built Fulton County Health Center with 119 beds, and they were all full back then. But in the late 1970's health care started to trend towards more outpatient work, fueled largely by advancements in medical technology. Eventually, patients who used to be admitted for a five-day stay could have the same procedure done on an outpatient basis and be sent home the same day."

"Each time employees were recognized for its accomplishments was a significant moment for me."



FCHC Radiologist Michael Pole, M.D. (left), FCHC Administrator E. Dean Beck and Lee Wilson, CNMT, RT (R)(N)CT, discuss technology upgrades.



Significant Events in FCHC's History

1973

Detwiler Hospital transfers operations to the new, 119-bed FCHC

1975

E. Dean Beck named FCHC Administrator

1981

The Stress Center, a 20-bed psychiatric unit, opens

1984

The Rainbow Hematology/Oncology Treatment Center opens

1990

First expansion of the ER

1994

Fulton Rehab Center (downtown Wauseon) opens

1996

Fulton Manor Nursing Home & Assisted Living opens

1999

Aquatics Pool added to FCHC Rehab Center



Mr. Beck presides over a staff meeting.

The health care industry has, indeed, seen major changes in the 37 years that Beck has served as Administrator. Today's Fulton County Health Center is vastly different than it was back in 1975. In order to serve as its leader for nearly

four decades, Beck has had to exhibit special qualities.

"I've worked with Mr. Beck for 28 years," says Patti Finn, currently FCHC's Assistant Administrator. "He has always been committed to this community ... to bringing the best possible health care

services to area residents. But commitment wasn't the only thing he offered. He also had the vision to look ahead at national health care trends that would eventually impact our area, and to prepare the Health Center to capitalize on opportunities that were presented to us."

"I think one of Mr. Beck's gifts has been his ability to listen to his management staff when they presented problems, solutions and opportunities to him," adds Steve McCoy, FCHC Director of Marketing. "If a manager did their homework and presented an idea, Mr. Beck would listen. He would mull it over very carefully, and then make a decision. And in the time I've worked here, by and large those decisions have been the right ones."

One of those decisions was to create the outpatient Rainbow Hematology/Oncology Treatment Center in 1984. Today, it is the largest cancer treatment center in the rural Northwest

Ohio area. Another decision led by Beck, was the creation in 1984 of the FCHC Corporate and Community Health Promotion Department to promote wellness. "A lot of people believe that hospitals exist to help them get well when they're sick," says Beck. "But I believe that part of our mission is to prevent people from getting sick in the first place. It's a lot less costly to

keep them well." Today, more than 10,000 people benefit each year from one of the many health and fitness programs offered by the department.

"Physicians have always been the key to driving the delivery of health care," says Beck. "Our

board and staff knew if we wanted to expand our medical services we would need to attract physician specialists to provide their services locally. But we needed to give them a home in which to practice." In 2001, the Health

Center added a 23,000 square-foot Medical Office Building that now houses more than 18 physician specialists. A new three-story wing was also added to expand the Health Center's Oncology, Surgery, Endoscopy, and Pharmacy Departments. "These areas had to grow in order to support the physician specialists we were recruiting," says Beck.

Emergency Departments across the country have long seen a steady increase in the volume of patients they were seeing. Again, led by Beck's vision, the Health Center completed a 53,000 square-foot addition in 2007 that nearly tripled the Emergency Department's capacity.

A second floor allowed for the expansion of the Endoscopy and Same-Day Surgery areas and the addition of a Cardiovascular Heart Catheterization lab.

Memorable Moments

When asked to reflect on significant moments in his 37-year tenure, Beck is quick to answer. "Each time one of our employees or departments was recognized by its peers for its accomplishments was a significant moment for me." Beck was especially touched when he received the annual Ohio Hospital Association's Distinguished Service Award in 2008. He was honored for a lifetime of

outstanding leadership at Fulton County Health Center, along with his involvement with many health care and outside organizations.

Sometimes life presents you with a memory that can last a lifetime, and one such moment recently occurred for Beck. However, a little background is in order. The past three years have been difficult for

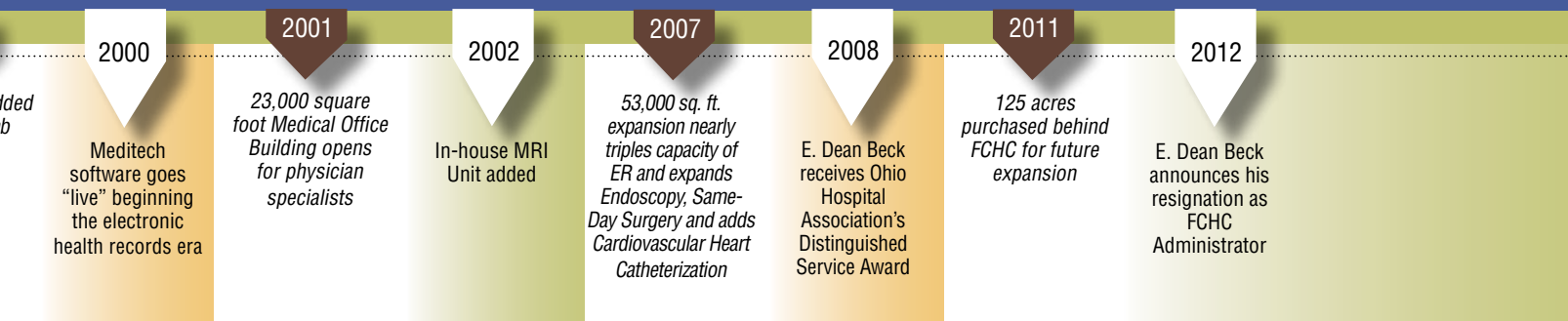
hospitals across the country. Reimbursements by insurance companies and Medicare/Medicaid have been reduced, while costs to provide services have continued to increase. Many hospitals reacted by laying off workers to cut costs. Not so with Fulton County Health Center.

"We met with our staff, gave them the financial facts, and asked them to work with us," says Beck. "We didn't want to lay anyone off. But that meant employees would have to take time off without pay, and some positions wouldn't be filled when staff members left. Fortunately, the plan worked and helped keep us operating as usual." (Continued on page 4)



Mr. Beck discusses the enhancements to the Electronic Health Records system with the Med-Surg staff. Pictured left to right: Jo Short, RN, MSN, Director of Nursing; E. Dean Beck, Administrator; Claudette Galbreath, LPN; and Terri Johnson, RN, Med-Surg Unit Manager.

History Under E. Dean Beck's Leadership



The End of an Era

Memorable Moments (Continued from page 3)

Fast forward to a few weeks ago. Beck is standing in line at the Health Center's cafeteria, when a staff member turns around to speak. "The young man says to me, 'Mr. Beck, I just want to say thank you for not laying us off during the tough times. I need this job. You guys in administration helped us out.' I realized then we had made the right choice, we had done the right thing."

Some Final Thoughts

"When I first got here, community hospitals like ours were considered 'band-aid' stations because of our size and the level of services we offered," says Beck. "After 37 years of improvements, I can assure you we're not a 'band-aid' station anymore."

You don't succeed as a hospital administrator for nearly 40 years without help. "I have a board of directors and medical staff that are very supportive of me and my staff," says Beck. "We've done a good job of planning, forecasting, and acting upon opportunities thus far, but we need to continue to do so to meet our mission of serving the community."

Beck is also quite proud of his staff and is quick to point out that his management philosophy over the years has been rather simple. "You surround yourself with good people and let them do their jobs. Make it a point to understand their concerns, work with them, and let the supervisors make decisions. The hospital must run even when I am not here. Our employees are excellent and quite supportive, and they all want to be able to take pride in their facility and the services they provide."

Mr. Beck and long-time Administrative Assistant Janice Fitzenreiter.



Mr. Beck (far right) receives updates from members of the Surgery staff. (Left to right): Trudy Tuckerman, RN, BA, CNOR, RNFA, Surgery Unit Coordinator/Educator; Kim Willeman, RN, BSN, CNOR, RNFA, Surgery Unit Manager; and Todd Pennington, RN, CNOR, RNFA, Registered Nurse First Assistant.

Looking Ahead

So what's next for E. Dean Beck, FCHC Administrator who will retire in about four months?

"First off, I'll miss the job, especially the people," says Beck. He admits it took him several years to finally make it to this point.

"I actually wrote my letter of resignation three years ago. I guess I realized when I turned 70 (he looks 10 years younger) I asked myself who else was doing what I was

doing at my age. That kind of sealed the deal for me."

Beck has been supported through the years by his wife, Jeanette, a former school teacher. He has four children with two living locally, one in Indiana, and the fourth in Denver. Their eight grandchildren are active in sports, so you know where the Becks will spend their free time, along with traveling, reading and golf.

"My wife is concerned that my retirement will interfere with her schedule," laughs Beck. "So I got some great advice from staff members. They told me not to re-arrange the cupboards, and don't ask my wife to make lunch or get breakfast for me. Follow those rules and retirement should go smoothly."

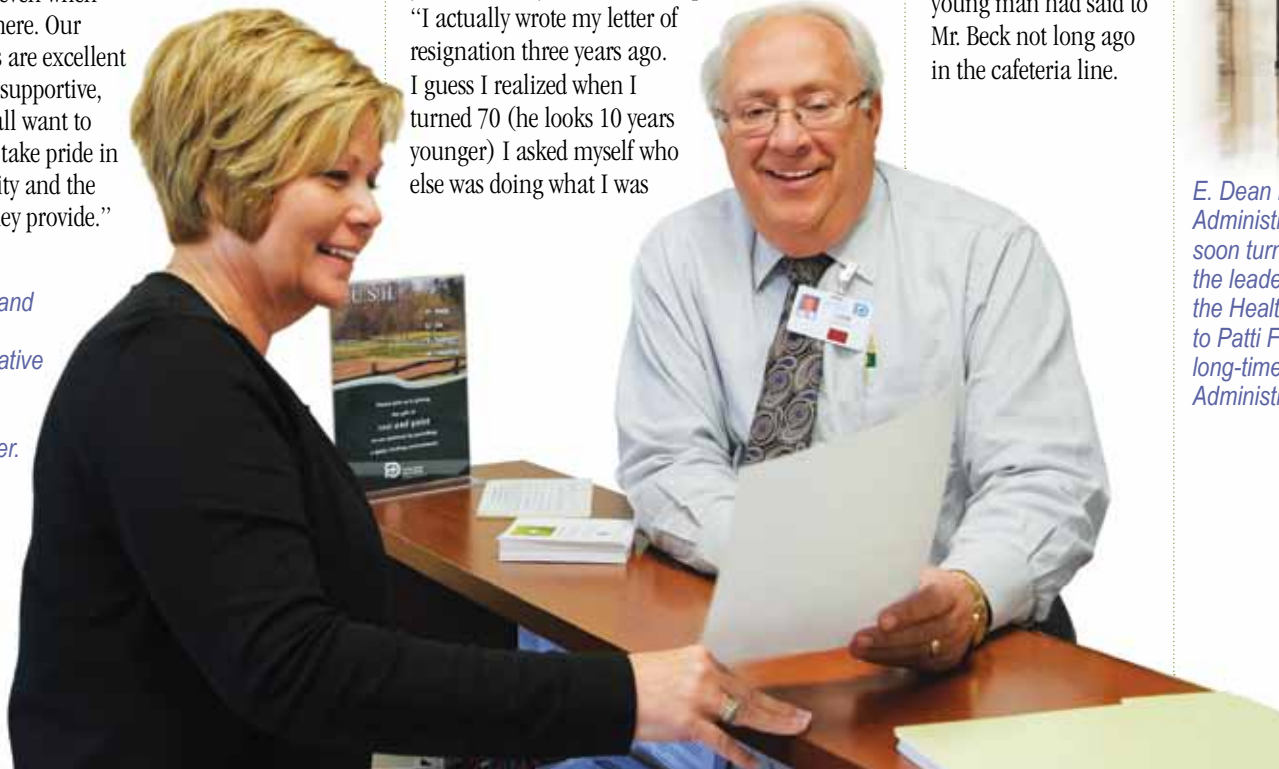
Will he remain involved at Fulton County Health Center? "That remains to be seen," says Beck with a smile.

So what do you say to the man who has devoted nearly 40 years of his adult life to serving the health care needs of the community? How do you thank the man who has given of himself in so many ways to so many patients, families, co-workers, and community organizations?

Perhaps a simple "Thank You," would suffice. Just like the young man had said to Mr. Beck not long ago in the cafeteria line.



E. Dean Beck, Administrator will soon turn over the leadership of the Health Center to Patti Finn, long-time Assistant Administrator.



Message *from the* Administrator

It's not often that people find the perfect job, but I did. When I came to Fulton County Health Center 44 years ago, little did I know that I would spend my entire career here. How often does that happen anymore?

Now that I've announced my retirement effective September 1st, people want to know the details. How difficult was it to make the decision? (I wrote my letter of resignation three years ago, and it took me that long to finally present it to the Board). What will you miss the most? (The people.) What are you going to do when you retire? (Stay out of my wife's way.)

The past 37 years have been challenging and time-consuming, but also quite rewarding and enjoyable. The

health care industry has changed tremendously since I first started back in 1968. Some of those changes have been good, like the vast amount of technology that has given us better diagnostics, non-invasive procedures and outpatient visits. Some of the changes have been difficult, such as the insurance industry regulations and subsequent reimbursement issues.

Through it all I've been supported by a dedicated Board of Directors and a talented, hard-working staff of physicians, nurses, technicians, and support personnel. Together, we have planned and implemented four major expansion programs on our campus. We've added new technology, more services, and physician specialists to improve our diagnostic and treatment capabilities and to offer more services to you . . . right here in town.

Fulton County Health Center is more financially sound, more high-tech and better able to handle

your health issues than ever before. Patti Finn, our current Assistant Administrator who will assume my position on September 1st, is well prepared to lead this facility further into the 21st century. I can assure you that it will be business as usual on the days, weeks, months, and years after I retire.

It has been an honor to be the leader of Fulton County Health Center these past 37 years. To all of you out there . . . thank you for entrusting your health care to us.

Sincerely,

E. Dean Beck

E. Dean Beck,
FCHC Administrator

FCHC's New Administrator



On March 26, 2012 the FCHC Board of Directors voted to promote Patti Finn, FCHC Assistant Administrator, to CEO of Fulton County Health Center, replacing the retiring E. Dean Beck, effective September 1, 2012.

A native of Napoleon, Finn received her Bachelor of Science in Medical Records Administration from Bowling Green State University in 1984 and her Masters of Business Administration from the same university in 2000. In 1983 while at BGSU, she served as an intern in the FCHC Medical Records Department and was hired as a part-time worker in the department later that year. She was hired full-time at FCHC in 1984 as a Medical Records clerk. In 1985 she was promoted to Quality Assurance/Risk Management Manager. In 1991 Finn became Director of Health Information, and she was promoted to overall Health Center Assistant Administrator in 1994.

As Assistant Administrator, Finn has served as the second in command of the Health Center. She has been responsible for physician recruitment and serves as the liaison to the physicians. "I deal with a lot of the internal issues, while Mr. Beck focuses on the many issues affecting us from the outside," says Finn.

"Patti Finn has been with us for more than 25 years in various positions, and she has been Assistant Administrator for the past 18 years," says E. Dean Beck, FCHC Administrator. "She knows the hospital, its culture and the employees and physicians. She understands the dynamics of the hospital and what makes it function. When I've been on vacation or away at meetings, she's been the person in charge. I am extremely confident that Patti is the right person to lead our Health Center into the future. That's what I told our Board of Directors."

Finn says she doesn't pretend to know everything, but she has spent her career handling the many critical facets of hospital administration. "The positions I've held at the Health Center have prepared me for the next trends in health care, which will revolve around reimbursement levels and incentives that are linked to quality of care initiatives," says Finn. She says her management style has been to be approachable to staff members. "I always try to keep my office door open, whenever possible, because I want people to feel they can come talk to me if they need to."

After 37 years of being led by the same administrator, change can be difficult. "Not in this case," says the retiring Beck. "When we announced that Patti would be the new head of the Health Center, the tension in the facility noticeably disappeared that same day. That bodes well for Patti. People trust her, and they trust her capabilities."



The FCHC Case Management & Discharge Planning team. (L-R): Sandy Wyse, Administrative Assistant/UR Specialist; Connie Holsopple, LPN, Administrative Assistant/UR Specialist; Marissa Baus, RN, MSN, Case Manager; Don Christian, RN, BSN, Case Management Coordinator; Sarah Bryan, RN, BSN, Case Manager; Elizabeth Mohr, RN, BSN, Case Manager. Not Pictured: Nicole Gleckler, RN, Case Manager.

pertains to getting to a doctor's appointment or going to the supermarket. "The lack of transportation can place stress on the discharged patient, so if we can arrange for transportation and reduce that stress, it works to help the patient heal mentally and physically."

Christian says a third goal is to involve family members to plan for the patient's post-hospital care and to recognize the need to change patient/family lifestyles to promote health and healing. "We talk to family members about how they will handle providing care, if needed, to their loved one once the patient has returned home," says

Christian. "A lot of families are just overwhelmed with the hospital stay and medical care, and they haven't given much thought to what happens when every one returns home. That's why we're here." The Discharge Planning Department is connected with community agencies that can provide a variety of services to those just returning home from the hospital.

The Discharge Planning Department is open Monday through Friday, 7:00 a.m. to 4:30 p.m. For more information, call the department at 419-330-2718 from 8:00 a.m. to 4:00 p.m.

Utilization Review – Safety Net

Insurance regulations and payments have made it more difficult for the patient and physician to understand what is covered by health care insurance and what is not covered. The patient's insurance company dictates coverage, and the insurance

The Unsung Heroes Part VI: Case Management & Discharge Planning

Editor's Note: Unsung Heroes is a continuing series of Health Centering articles that profile the departments and staff members who work behind the scenes at FCHC but are instrumental in helping to keep the Health Center functioning.

Call them the liaisons, the safety net who makes sure all the proverbial "i's" are dotted and the "t's" are crossed. We're talking about the FCHC Case Management and Discharge Planning Department. There are nine members of the department, and all are licensed nurses except for three who serve in a support role. The department has two main responsibilities: Discharge Planning and Utilization Review.

Discharge Planning – Serving as Liaisons

The FCHC Discharge Planning Department focuses on meeting each patient's continuing health care needs after leaving the hospital. These needs may have required the hospital stay in the first place, or they may have occurred as an expected outcome after medical or surgical intervention. They can be needs such as physical and emotional support, housekeeping, transportation, and socialization. Once these needs have been identified, the Discharge Planning staff arranges for community-based services. Discharge Planners typically deal more often with inpatients from the Medical/Surgical area, but patients who receive outpatient services and who remain at FCHC for observation from 1-2 days may also have unique needs that can be addressed by the department.



Don Christian, RN, BSN, Case Management Coordinator (left), discusses community-based services with a family member of a patient about to be discharged.

"We have several goals with our Discharge Planning process," says Don Christian, RN, BSN, Case Management Coordinator. "First, we want each patient to have the most positive outcome possible from the care we provide. That sometimes requires the need for services after they leave the hospital. A second goal is to maximize their post-hospital adjustment by identifying past and current environmental stresses and work to reduce those stresses." Christian says an example is the issue of transportation, particularly when it



Don Christian, RN, BSN, Case Management Coordinator (left), reviews options with a patient who requires further rehabilitation.

companies require the physician's office — not the hospital — to verify with them that the outpatient services, including diagnostic and medical procedures are covered before they occur. "Pre-certification is

the key,” says Connie Holsopple, LPN, a member of the Utilization Review Department. “The patient doesn’t want to find out after the fact that his or her medical costs will not be covered.”

If you are a patient in the hospital, either as an inpatient or for observation, the case management team will assure that your insurance company is aware of your hospitalization and that all requirements are being met for your stay. Your insurance company receives information about your stay to determine if medical necessity is being met at the hospital level of care. If your insurance company has needs that cannot be addressed by the case management team, your physician will be notified to assist in making sure requirements are being met.

Utilization Review staff members review the files of every patient who use the services of Fulton County Health Center. They double check to verify the physician’s office has checked with the patient’s insurance company if the medical care they are about to receive will be covered. “Insurance companies want to know if the patient has met the requirements to go the hospital for diagnosis or treatment,” says Holsopple. “They want to know if the CT or MRI scans were justified. How many days will the patient need to stay in the hospital? Each insurance company has different guidelines and regulations, and each patient is unique in the care they will need. It’s complicated. We’re the safety net to make sure we verify, one way or another, if insurance will cover the costs.”

For more information, call the department at 419-330-2718 from 7:00 a.m. to 3:30 p.m.

Hospital Pre-Certification: What You Need to Know

If you or a family member requires hospitalization or the services at FCHC, make sure you understand if your insurance company will cover the medical costs. “Some physician offices will tell the patient that the hospital needs to pre-certify outpatient testing or procedures with their insurance company,” says Don Christian, RN, BSN, FCHC Case Management Coordinator. **“But the hospital can’t do that. The doctor’s office must verify if pre-certification is necessary so that outpatient testing and procedures will be covered by the insurance company. This is because the doctor and doctor’s office knows why the test and/or procedure are being ordered.”**

Christian says all insurance companies are alike in the sense that neither his FCHC staff nor the patient can pre-certify with the insurance company for outpatient testing or procedures. “It has to come from the physician office, because the insurance company will ask the doctor’s office for specific details about why the patient is going to the hospital. It’s something they only accept from the physician or physician’s office.”

He cites a CT or MRI scan as an example. “The insurance company will ask for a specific medical reason for the test, and not something like the knee or stomach hurts. It has to be more specific, a diagnosis the doctor’s office can provide from the patient’s medical records as well as any previous testing that has been completed.”

Christian says it’s important for the patient to ask their physician office if they have verified upcoming medical procedures with the patient’s insurance company and to keep asking until it’s done. “Don’t assume anything; make sure pre-certification for your outpatient testing and/or procedure is in place before you incur those costs.”

For more information about insurance pre-certification, call the FCHC Case Management and Discharge Planning Department at 419-330-2718.

Is Independent Living for You?



Have you ever wondered if Independent Living can help reduce the burden of living alone or of caring for your home? Here is an opportunity to find out. Independent Living units are now available at Fulton Suites on the FCHC campus. Fulton Suites offers a modern, home-like environment in a quiet, rural setting and provides:

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

Independent Living is designed to meet the residential needs of those who are able to care for themselves but who do not want the responsibility of maintaining a home or cooking meals. Our typical resident is able to bathe, use bathroom facilities and take their own medications. Along with independence, our residents enjoy a menu of services that are either provided or which can be purchased.

All Fulton Suites units are linked by an emergency call system to the nursing station at Fulton Manor Nursing Home. Fulton Suites is attached to the nursing home, so Fulton Manor staff can respond 24/7 in emergency situations or for medical emergencies. Since the two facilities are part of the FCHC campus, a Health Center physician is also prepared to assist Fulton Suites residents 24 hours a day.

Fulton Suites residents benefit from these features:

- A spacious 10’ x 13’ living room and a 10’ x 13’ bedroom joined by a full bath.
- Each suite includes a refrigerator and microwave oven.
- Ample natural lighting with a window in the living room and bedroom.
- A single bed, bedside table and two wardrobe closets are provided. Residents can also furnish their units to meet their needs.

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



Fulton Suites Floor Plan

FCHC to Sponsor Local Run/Walk



A group of FCHC employees is hard at work planning an event to promote health and wellness in the county by providing an opportunity for physical activity for all community members. The event will consist of a 5K Run/Walk and 1K Run/Walk on Sat., Sept. 15, 2012.

Although FCHC used to sponsor a 5K event, it has not been done for many years. In addition to attracting regular runners who enjoy races, the committee hopes to attract people of all ages and lifestyles who wouldn't typically consider participating in a "run". "This is an event for people to be physically active with others in their community," says Karen Lance, M.S., CCC-SLP, FCHC Director of Rehab.

"A 1K distance is just slightly over a half mile at .62 miles, and this distance could easily be handled by young and old alike. You can walk that far by just walking around the local grocery store. Even the 5K distance at 3.1 miles is a distance that many could walk or run." Families are encouraged to participate with younger children in strollers or walk with their family members who may be in a wheelchair. The residents of Fulton Manor and Fulton Suites will also be encouraged to participate with their families. "The committee is trying to get the word out now about the event to encourage people in the community to begin walking or running in preparation for the walk/run," says Lance. "We hope to demonstrate that physical activity, such as walking or running, is really appropriate for all."

The 1K event will begin at 8:30 a.m. and the 5K event at 9:15 a.m. Both events will begin and end at Fulton County Health Center on Shoop Avenue. Wheelchairs and strollers are welcome and encouraged for the 1K Run/Walk. Registration begins at 7:30 a.m. on race day, and early packet

FCHC Health & Wellness



5K Run/Walk • 1K Run/Walk
9 - 15 - 2012



pickup will be offered on Fri., Sept. 14 at the FCHC Rehab Center, 138 E. Elm St. in downtown Wauseon. Awards will be provided, and t-shirts will be given to those who pre-register. A limited number of t-shirts will be available the day of the event.

There will be free health screenings, refreshments and door prizes as well. Entry fees are as follows: 1K Run/Walk - free without a t-shirt, \$8 if pre-registered (including a t-shirt) and \$8 on event day (if t-shirts are not available on race day, the 1K entry fee is free); 5K Run/Walk - \$15 if pre-registered, \$20 on race day. Entry forms are available at FCHC Rehab, Dave's Running Shop in Delta, or one could be e-mailed to you. Pre-registration is encouraged to allow adequate planning for the event. The committee is seeking donations, and all funds raised by this event after expenses will go back to the community for health screenings and education programs on diagnoses such as diabetes, hypertension and cancer. For more information about the event, donations, volunteering or participating please contact rehab@fulhealth.org or Karen Lance at 419-335-1919.

Health TIPS

Health Tips is designed to give you simple suggestions for a healthier lifestyle.

This issue's health tip is:

Tips For Healthy Summer Eating

Take advantage of fresh, seasonal produce. Summer is when produce is at its most delicious and nutritious. Grow fresh produce in your garden or find it at your local farmers' market.

Aim for variety. Grill your vegetables and fruits outdoors to add flavor. Make kabobs and grill on low heat until the vegetables and fruit are hot and slightly golden. These healthy snacks will also help you meet recommended daily intake of fruit and vegetables.

Save the oranges and apples for fall. Eat fresh berries, melons, greens, tomatoes, zucchini, cucumbers, beets, pea pods, and all the super-nutritious and low-calorie fruits, greens and vegetables that grow in the garden this time of year.

Be meat savvy. Choose lean cuts of beef including round, sirloin and loin cuts. Tenderize the meat to increase flavor and texture without adding fat. Marinate in salsa, low-calorie salad dressing or citrus juices. Grilled chicken breasts, turkey tenders and lamb kabobs are great alternatives to high-sodium hot dogs and hamburgers.

Stay hydrated. Summer heat and sun can cause dehydration, one of the leading causes of fatigue. Water is the best solution. Add slices of lemons or strawberries for natural flavor.

Make eating healthy a priority. Add fresh berries to salads, yogurt and ice cream. Keep healthy extras, like lettuce and tomatoes, in your refrigerator. Make homemade popsicles with 100 percent juice. Cut up raw vegetables to serve with low-fat dips.

Fruit smoothies are a snap. Just toss some fresh fruit, yogurt and milk in your blender. Your options for healthy summer eating are limited only by your imagination.

Keep food cool. Try for less than 40 degrees Fahrenheit. Return uneaten foods to the refrigerator within 2 hours of the start of a meal. Keep foods on ice when possible.

Wash your hands and utensils frequently with soap and water.

Heat your grill first. Let your grill warm up for 15-20 minutes before using to kill any bacteria.



Health & Fitness Classes

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

Heart Health

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. Tuesday, June 5 or Aug. 7, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

Stress Management & Relaxation

Discussion on how stress affects our lives and health, with tips on how one can manage the stress in our lives. Tuesday, June 19 or Aug. 21, 9:30 - 10:30 am, Free, FCHC Cardiac Rehab Classroom.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tuesday, July 10 or Sept. 11, 9:30 - 11:00 a.m., \$5 suggested donation. FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, July 24 or Sept. 25, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

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.

Safety

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m., Sat., Aug. 11, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most child care requirements. Class taught by RN. Saturday, July 14 or Sept. 15, 9:00 a.m. - 4:00 p.m., \$60, FCHC Ground Floor Meeting Room.

Babysitting Class

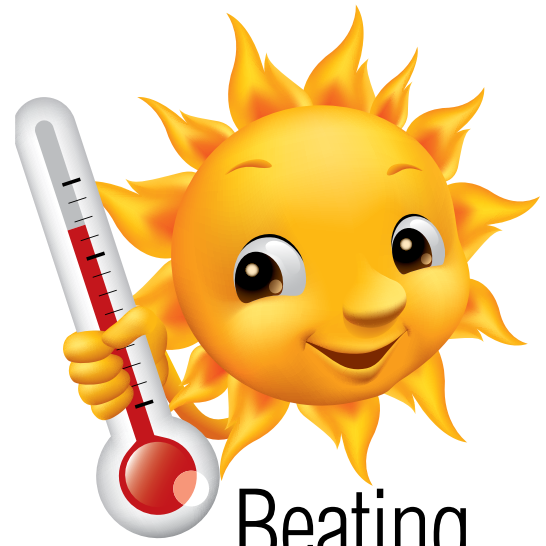
Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children and much more. Class certification is given. Please bring a sack lunch. Beverages/ snacks provided.

Saturday, Aug. 25, 9:00 a.m. - 3:00 p.m., \$20, Archbold Library. Call 419-446-2783 to register.

Weight Management

Waist Watchers Support Group

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



Beating the Summer Heat

Now that summer is almost upon us, it is important to remember some basic health tips to insure a safe and healthy summer season.

- Avoid strenuous activity in very hot, humid weather.

- Give your body time to acclimate to the hot weather by cutting activities in half for 4 - 5 days.

- Drink plenty of water before, during and after you are active.

- Check your urine. It should be clear to pale yellow. If it's dark yellow, you haven't had enough fluids.

- Take frequent breaks in the shade or by a fan.

- Wear lightweight, light-colored, loose fitting clothing to keep your skin cool.

- Exercise during the cooler times of the day.

- If you have to stand for long periods of time in hot weather, flex your leg muscles often to prevent blood from pooling in your lower legs.

- Do not drink caffeine or alcohol while physically active, as they increase your risk of dehydration.

- Medications, both prescription and over-the-counter, can increase your risk of heat-related illnesses. Check with your doctor or pharmacist.



Health & Fitness Classes

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

Diabetes Education & Support

Preventing Diabetes and Heart Disease, Too. Understanding your risks for these prevalent chronic diseases is the first step toward prevention. There are many options for ways to reduce these risks to live a long, productive and healthy life. Led by a certified diabetes educator, this class will be at the Swanton Public Library, 305 Chestnut St., Swanton Sept. 20, 6:30 - 7:30 p.m. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. \$5 suggested donation to help cover material cost. Please register by Sept. 19.

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

August: A Double Header! *The Eyes Have It AND The Heart of Diabetes.* Dr. Jana Bourn, Wauseon Clinic, will help you understand the relationship between cardiovascular disease and diabetes, and how treating both well can prevent major diabetes complications. Dr. Richard Tam, FCHC Ophthalmologist, will then show slides and give details on the many eye complications related to diabetes, plus how to prevent and treat them. Thurs., Aug. 9, 7:00 - 9:00 p.m.

Monthly Diabetes Support Groups. Due to scheduling changes, the regular 9:30 a.m. Wednesday and 3:00 p.m. Thursday times are discontinued. The second Thursday of every month from 5:00 - 6:00 p.m. will continue to be a free and open time to learn more about diabetes management. For this quarter, the dates are: July 12, Aug. 9, and Sept. 13. Diabetes Education Office, 3rd Floor, FCHC. If you need assistance to stay on track with your diabetes self-care, this is the place for you!

FCHC on the Radio

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



Obstetrics: Partners in Pregnancy Programs

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

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

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

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

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

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

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

Grief Support - H.O.P.E.

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

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" July 19 & September 20, 10:00 a.m. - Noon. 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.

Hypnosis Programs

Hypnosis

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

Monday, June 11th

5:30-6:45 p.m. Weight Loss
7:00-8:15 p.m. Stop Smoking

Saturday, June 16th

1:00-2:30 p.m. Weight Loss
2:30-4:00 p.m. Stop Smoking



Health & Fitness Classes

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – June 11 – July 28; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50.**

Health & Fitness Class Descriptions

Aquatic Aerobics

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

Arthritis Aquatics

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

Ballroom Dance

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

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 both cardiovascular, flexibility, and strength training!

Cardio Dance

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

Kids Sport Conditioning

Fun class designed for kids from the ages of 11 - 15 years of age who are looking to improve their muscular strength, muscular endurance, flexibility, cardiovascular condition, speed, and agility. Various pieces of equipment and exercises will be utilized which are suitable for children who are interested in improving their overall physical condition for the purpose of sport.

Maximum Burn

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

SilverSneakers® Muscular Strength & Range of Motion

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

SilverSneakers® SilverSplash

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

Yoga

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

Yoga - Gentle

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

Yoga - Intermediate

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

Zumba®

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

Health & Fitness Classes

Wauseon Classes

	Day(s)	Time	Location
Maximum Burn	M, W, F	6:00 AM	FCHC Rehab Center
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Kids Sport Conditioning (June 19 - Aug. 2)	T & TH	11:45 AM	FCHC Rehab Center
SilverSneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Ballroom Dance	TH	7:00 PM	FCHC Rehab Center
(\$42 per person, cannot be combined with other class pricing)			

Wauseon Aquatics Classes

	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:30 PM	FCHC Rehab Center
SilverSneakers® SilverSplash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Bryan Class

	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Community Center

Swanton Class

	Day(s)	Time	Location
Zumba®	T	6:00 PM	Trinity United Methodist

West Unity Class

	Day(s)	Time	Location
Cardio Dance	T	6:15 PM	Solid Rock Church

Archbold Fairlawn Retirement Community

	Day(s)	Time	Location
Arthritis Aquatics	W & F	10:15 AM	Fairlawn Retirement Community

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

Wauseon Classes

	Day(s)	Time	Location
Yoga – Intermediate (Mat required)	SAT	9:00 AM	FCHC Beck Meeting Room
Yoga – Gentle (Mat required)	SAT	10:30 AM	FCHC Beck Meeting Room
Yoga (Mat required)	T & TH	5:00 PM	FCHC Beck Meeting Room
7 classes - \$35, 14 classes - \$62			

Swanton Class

	Day(s)	Time	Location
Yoga (Mat required)	T	7:15 PM	Swanton Public Library
7 classes - \$35, 14 classes - \$62			

Archbold Class

	Day(s)	Time	Location
Yoga (Mat required)	T	7:15 PM	Park Pavilion
4 classes - \$20 (June 12, July 10, 17, and 24)			
Co-sponsored by Archbold Parks & Recreation Dept.			

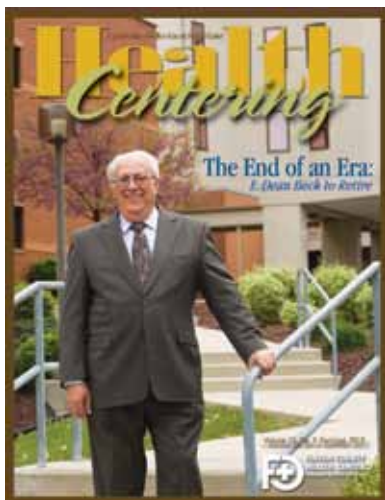


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is published four times a year by
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area residents.

E. Dean Beck, Administrator

Dale Nafziger, President,
Board of Directors

Steve McCoy, Director of Marketing
and Planning

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

FCHC News & Notes

See You At the Fair!

Once again the FCHC staff will be on hand at the Fulton County Fair, Aug. 31-Sept. 6. Free blood pressure and blood sugar tests will be offered along with free health care information. Additional tests will be offered at a minimal charge. Look for us at the Fair!

Speakers Bureau

Looking for a speaker for your organization's meeting? We can provide expert speakers on a wide range of health care topics, including: Stress Management, Nutrition, Fitness, Smoking Cessation & Weight Management, Managing High Blood Pressure, Dealing with Cancer, and other topics. For more information, contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.

FCHC Auxiliary Events

Michele's Shoes: June 18, 7 a.m. - 4 p.m., FCHC Cafeteria

Books on the Go: July 18 (9 a.m. - 6 p.m.), July 19 (7 a.m. - 6 p.m.),
July 20 (7 a.m. - 3 p.m.), FCHC Cafeteria

Linen Masters & More Outer Wear, August 16-17
(location and time to be announced)

Care to Help?

The FCHC Auxiliary is looking for more volunteers to help around the Health Center. Day, evening and weekend times are available. Call Julie Engler, Volunteer Coordinator, at 419-330-2695 if you are interested in becoming a Volunteer at the Health Center. Call Tammy Allison, Director of Activities, at 419-335-2017, Ext. 2798 or 2805, if you are interested in becoming a Volunteer at the Fulton Manor.