

A publication of Fulton County Health Center

Health Centering

The Unsung Heroes Part IX: House Supervisors

Volume 30, No. 3 Summer, 2014



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

*Jessica Brubaker, RN (seated) and House
Supervisor Peg Engler, RN, BS
(standing) review patient notes
at the CCU Nurses station.*

Editor's Note: *Unsung Heroes* is a continued series of articles that profile the FCHC departments and staff members who work behind the scenes to keep the Health Center functioning.

“As a House Supervisor, I am a Primary Responder to all emergency codes in the hospital, and we regularly practice those codes to make sure we are prepared.” —Peg Engler, RN, BS



The Unsung Heroes Part IX: House Supervisors

On any given day, life at Fulton County Health Center is busy. Patients arrive, often with family members, to undergo surgeries, receive treatments or perhaps receive emergency care. The arrival of the patient sets into motion a series of activities ranging from room assignments to staffing levels.

Someone is responsible for taking charge and serving as the coordinator of all this activity. That someone is the FCHC House Supervisor.

“The decisions made by the House Supervisor are important because they will directly affect patient care,” says Jo Short, RN, MSN, FCHC Director of Nursing. “House Supervisors are responsible for adjusting nursing staff levels and handling issues that arise anywhere nursing is required in the Health Center, including the Emergency Department, Oncology, the Stress Unit, Surgery, and Obstetrics.”

FCHC has three eight-hour shifts, and each shift has a designated House Supervisor to coordinate staffing and patient care. Short says there are nearly 20 House Supervisors on staff, all of them Registered Nurses, with a mixture of full-time, part-time and contingency employees. Of those 20 individuals, five are designated as primary House Supervisors who function solely in the role of supervisor. “House Supervisors are usually our most experienced nurses,”



FCHC House Supervisors meeting - (L-R): Carrie Sigg, RN; Terri Johnson, RN, BSN; Peg Engler, RN, BS; Jill Roloff, RN; Jo Short, RN, MSN, Director of Nursing; Deb Shackelford, RN; Kathy Davis, RN; Jeremy Weber, RN; and Barb Croninger, RN.



Peg Engler, RN, BS (left) and Barb Croninger, RN (right) meet with Director of Nursing Jo Short, RN, MSN (center) to discuss and prepare an administrative report.



says Short. "That experience comes into play as they juggle staff assignments and provide advice as needed."

One of the key decisions made by the House Supervisor is to make sure the patient is placed in the correct room based on their health status. Some patients require more intensive care in Critical Care Units (CCU), while others only need a standard inpatient room.

Then there are staffing issues. Nurses get sick, just like anyone else, and when that happens the House Supervisor must react quickly to find a replacement. "Typically, nurses will call in sick about an hour and a half before their shift, and the House Supervisor must find a replacement in a short period of time," says Short. "Sometimes we have to adjust our nurse staffing levels based on the volume of patients we are seeing on that shift, and the House Supervisor handles that."

Serving on the Front Line

The FCHC House Supervisor is the first to be notified if a patient's health status is deteriorating, since they act as the Primary Responder on the Health Center's Rapid Response Team. The House Supervisor is also the first to get answers for family members when they have questions. They are also there to listen and to serve as the patient's advocate.

Jill Roloff, RN uses the Omnicell® unit to manage supplies and medications.

Rewards of the Job

Peg Engler, RN, BS, has worked as a nurse at Fulton County Health Center for 40 years, the last 13 years as a House Supervisor.

"When I come in for my day shift, I never know what I'm going to have to deal with," says Engler. "I like that because each day is a different challenge."

"As a House Supervisor, I am a Primary Responder to all emergency codes in the hospital, and we regularly practice those codes to make sure we are prepared," says Engler. Those codes include a patient going into full cardiac arrest, fire alarms, a missing child, and any disaster occurring outside of the hospital.

"I was working as a House Supervisor one day years ago when there was a bad bus accident nearby that injured about a dozen children," says Engler. "All of a sudden we had to call in additional nurses and communicate with our Registration, Radiology, Lab, and other departments to make sure they were adequately staffed for the influx of patients. Fortunately we had an established plan on who to call in such a disaster, and it worked quite well to bring staff members in on such a short notice."

Engler says if a patient goes into full cardiac arrest on her shift, she is the one who talks to the families about what has happened. "It's a very emotional time for the family, and for me as well. They need a shoulder to cry on, and it's me they turn to. I may not know the family, but after an emotional meeting like that we feel like

"We have a variety of age groups and experience levels in our nursing staff, and it's the role of the House Supervisor to make sure the interaction between staff members, having all these different backgrounds, is positive and productive."

— Jill Roloff, RN

we're friends. It's one of the best parts of my job ... but at the same time, it's one of the most difficult aspects because of all the emotion and sorrow involved."

Job Challenges

Engler says her biggest challenge as a House Supervisor is staffing issues. "I have to juggle personnel to make sure we have the right mix of nurses here based on skill level and experience. That's a continual challenge that presents itself each shift of every day."

Jill Roloff, RN, has worked for 10 years as the House Supervisor on the evening shift from 3:00-11:30 p.m. She agrees with the challenge presented by staffing issues. "We have a variety of age groups and experience levels in our nursing staff, and it's the role of the House Supervisor to make sure the interaction between staff members, having all these different backgrounds, is positive and productive."

(Continued on page 4)

The Unsung Heroes Part IX: House Supervisors

(Continued from page 3)



Peg Engler, RN, BS (front) and Jill Roloff, RN (back) prepare a patient report in the Nursing office.

Roloff also feels she has her own unique set of challenges working the evening shift. “There are less ancillary staff members on the evening shift, so I feel I take on a little more responsibility in my decision-making since there are fewer professionals with which to consult. Of course the day shift presents its own unique challenges for the House Supervisor because it tends to have more activity and people on hand.”

Roloff says another challenge as House Supervisor is dealing with family members she personally knows when a patient goes into full arrest. “It’s difficult, because I am that Primary Responder who they turn to in times of need. I have to balance my professional side with my human side. I’ll be honest, it’s not easy. As Peg Engler noted, it’s both rewarding and an honor to be able to help families during a very trying time, but it drains you emotionally.”

“Our House Supervisors are usually our most experienced nurses, and that wealth of experience puts them in the position of being able to serve as mentors to our younger or less experienced nurses.”

— Jo Short, RN, MSN, Director of Nursing

Experience Leads to Mentoring

Each shift the House Supervisor meets with the nurses who have been providing hands on care to discuss a patient’s condition and to serve as a mentor to the younger staff members. “With 40 years of nursing experience, I have seen a lot and can share my experiences with other nurses to help them,” says Engler. “But at the same time, I can honestly say that I still learn something new every week in this job because of all the different situations we must handle.”

Roloff truly enjoys the mentoring aspect of her role as House Supervisor. “I see the potential in younger nurses, and it’s my job to bring out the best in them.” She often will be at the side of a young nurse who is assessing a patient to offer suggestions and advice. “It’s all about working as a team to provide the best possible care for our patients.”

Behind the Scene Heroes

FCHC House Supervisors do not provide care directly to patients, but their involvement is critical to the patient’s outcome. “Our House Supervisors serve a vital role in coordinating the many levels of care needed by patients who are often having a significant health crisis,” says FCHC CEO Patti Finn. “Like many of our Unsung Heroes that we have featured in this newsletter, our House Supervisors are key to the day-to-day operations of Fulton County Health Center.”



Jill Roloff, RN (left) and Kathy Schwiebert, RN (right) check supplies on the emergency crash cart.



The Role of House Supervisors

Here's a brief look at the many responsibilities of the Health Center's House Supervisors:

Direct, coordinate and supervise nursing services on a designated shift for all patient care units including: Emergency Department, Oncology, Stress Unit, Surgery, and Obstetrics

Plan and direct activities to provide maximum quality patient care

Coordinate nursing staff with personnel of other departments

Serve as the Primary Responder on the Rapid Response Team in all hospital emergency codes

Perform role as the patient and family advocate

Act as Health Center administrator in the absence of the Administrator or the Director of Nursing until one of them can be contacted

FCHC Announces Expanded Cardiology Services



Fulton County Health Center welcomes a new cardiology group with the addition of two new cardiologists to our medical staff. Dr. Mohammed Alo, D.O. and Dr. Raza Hashmi, M.D., are both with Toledo Cardiology Consultants and Mercy Health System. They will be providing five days a week inpatient cardiology care and will also have office hours and clinic three days per week at the Medical Office Building.

"We are both general cardiologists and deal with all aspects of cardiac care," says Dr. Alo. "We diagnose and treat heart attacks, hypertension, cholesterol, atrial fibrillation, arrhythmias, congestive heart failure, strokes, heart block, and even things like POTS." POTS, or Postural Orthostatic Tachycardia Syndrome, is a complex syndrome that gives you a very fast heart rate when you stand up and a normal heart rate if you are lying flat. It can affect your breathing, vision, temperature, and many other functions that can interfere with your life.

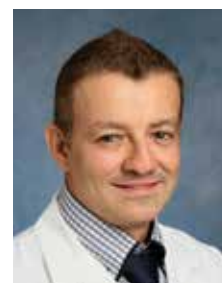
Dr. Alo and Dr. Hashmi anticipate utilizing the FCHC Heart & Vascular Center beginning this summer. "We plan to start doing cardiac catheterizations and pacemakers here in Fulton County. We'd like to keep patients close to home and close to their families," says Dr. Hashmi. "Patients do better when surrounded by family."

Over the past few years the Heart & Vascular Center has been very active with vascular procedures. "The cath lab is currently being utilized by a vascular surgeon who performs angiograms, angioplasty and stenting of the abdomen and extremities," says Lisa Cheney, RN, BSN, Heart & Vascular Center Unit Manager. "We are excited to once again expand our service line to include diagnostic cardiac studies and pacemaker/defibrillator insertions."

In addition to pacemakers and cardiac catheterizations, Drs. Alo and Hashmi will be performing and interpreting stress



Dr. Raza Hashmi, M.D.



Dr. Mohammed Alo, D.O.

tests, ECGs, echocardiograms, and many other non-invasive tests.

"We'd like to be more aggressive and provide excellent cardiac care here in Fulton County rather than transferring patients to Toledo," says Dr. Alo. "Since we have five days a week coverage, that means patients can stay in the area for diagnosis and treatment."

Dr. Alo completed his Cardiovascular Medicine Fellowship and Internal Medicine Residency at Northwestern University in Chicago, Illinois at St. James Hospital. He also received his Medical Degree from Northwestern University. Dr. Alo received his undergraduate degree in Economics from the University of Toledo, where he graduated Magna Cum Laude.

Dr. Hashmi is certified by the American Board of Internal Medicine in Cardiovascular Medicine. He completed his Cardiology Fellowship at the State University of New York and his Internal Medicine Residency at the University of Connecticut Health Center. He is a fellow and member of the American College of Cardiology and the American Heart Association.

The outpatient clinic is conveniently located on the first floor of the FCHC Medical Office Building in Suite #104. To schedule an appointment with Dr. Alo or Dr. Hashmi, call 419-783-3251.

Collaborating With Larger Hospitals

Remember R2-D2, the popular robot from the movie Star Wars? He's now officially a member of the FCHC staff. Well ... sort of.



Deb Bowman, RN, BSN, FCHC Emergency Department Coordinator, discusses a CT scan (main image on monitor) with a Toledo area Neurosurgeon (pictured in lower left of monitor) and charts what is being said about the image.

Robotic technology has arrived in the

Emergency Department at Fulton County Health Center in the form of a telemedicine robot, RP-Lite®, affectionately called “Mini Vinnie” by staff members. The robot will primarily be used for stroke victims to allow FCHC physicians and other medical professionals to quickly contact and consult with a Neurosurgeon at St. Vincent Mercy Medical Center or the University of Toledo Medical Center using video and audio. Fulton County Health Center is one of the first hospitals in its market to go live with the robotic telemedicine technology.

“It’s kind of like Skype technology,” says Deb Bowman, RN, BSN, FCHC Emergency Department Coordinator, referring to the online video and audio system that allows people to communicate with one another via computer. “We will be able to establish a real-time dialogue with an out-of-town Neurosurgeon who will essentially be in the room with the patient.”

Here’s how it works. FCHC staff members contact the out-of-town Neurosurgeon using “Mini Vinnie.” The physician specialist is then connected to FCHC’s robot from his/her computer, tablet or smartphone. The Neurosurgeon’s face appears on a large flat-screen monitor attached to the FCHC robot for the patient to see. He or she can talk directly to a patient, family member or another medical professional in the room. The FCHC robot also has two cameras attached to the top of the monitor, which allows the Neurosurgeon to see the patient at the same time. The robot comes equipped with a stethoscope that can be placed on the patient’s body, which allows the Neurosurgeon to remotely hear the patient’s

heartbeat and assess other vital signs from far away.

“This is a significant evolution in medical technology,” says Bowman. “It has been thoroughly tested and approved by the Food and Drug Administration.” In the past, FCHC medical professionals would have to phone the out-of-town physician specialist, describe the patient’s condition, and hope the doctor could understand what was going on with the patient so he/she could suggest appropriate treatment. Telemedicine allows the Neurosurgeon to view the patient live in real time and to have a conversation with the individual.

“Minutes count in an emergency, and the idea behind telemedicine is to get faster medical care to patients who are showing signs of having a stroke,” says Bowman. She says “Mini Vinnie” went “live” in the FCHC Emergency Department in March, and most patients have been accepting of the new technology. “A few are a little surprised about

“The idea is for us to quickly and accurately provide an expert’s opinion about a patient’s condition while keeping that patient in their community so they don’t have the stress of traveling out-of-town during a medical emergency.”

— Patti Finn, FCHC CEO

seeing the Neurosurgeon’s face appear on the monitor. But they eventually realize it’s a good thing to have a specialist involved in their care right away when time makes a big difference in the eventual outcome.”

Patti Finn, FCHC CEO, says the Health Center has larger plans for the telemedicine program. “We’re introducing telemedicine first with stroke patients because it lends itself to those types of patients,” says Finn. “But we are confident the technology

will allow us to expand its use to patients with cardiac issues as well. It's going to allow us to make time-sensitive illnesses even more of a priority than they are now."

Finn says telemedicine is a huge advantage to patients because it essentially levels the playing field for those who don't live near a major hospital. "The idea is for us to quickly and accurately provide an expert's opinion about a patient's condition while keeping that patient in their community so they don't have the stress of traveling out-of-town during a medical emergency."

For more information about FCHC's new telemedicine program, contact Deb Bowman BSN, RN, FCHC Emergency Department Coordinator, at 419-335-2015, Ext. 2120 or email at dbowman@fulhealth.org.

Think F.A.S.T.

to Recognize Stroke Symptoms

FCHC's new telemedicine robotic technology will initially be used in the Emergency Department for the diagnosis and treatment of stroke victims. The quicker the diagnosis, the better the outcome for the patient. So, if you are out and about and notice any of these symptoms in a friend, family member, or co-worker, seek emergency care immediately:

F

FACE: One side of the patient's face droops.

A

ARM: One arm sags when compared to the other, and there is weakness in the arm.

S

SPEECH: Words are slurred or abnormal, or the patient can't speak.

T

TIME: What time was it when the patient last seemed to be normal?

If any one of these first three occurs, the probability of a stroke is 72%.

Sources: The Cincinnati Stroke Scale Test (FAST);
Mercy Health Partners.



FCHC Recognized Again for Orthopedic Care

Once again our Surgery Department has received national recognition for orthopedic surgery care. The 2014 CareChex® rankings from Comparion® Medical Analytics has been released, and Fulton County Health Center received recognition for being #1 in Medical Excellence in the regional Toledo market area for both Joint Replacement Surgery and Major Orthopedic Surgery.

This is not the first top ranking for FCHC's orthopedic care. In 2013, the FCHC Surgery Department was also recognized by Comparion® Medical Analytics as being #1 in Medical Excellence for General Surgery in our region. That same year Comparion® ranked FCHC in the top 10% in the nation for Medical Excellence in Joint Replacement Surgery and Major Orthopedic Surgery. Another leading health rating organization, Healthgrades®, also gave FCHC its highest rating of 5 Stars for Joint Replacement Surgery in 2011-2012 and for Hip Fracture Treatment three years in a row from 2012 through 2014.

"The high rankings we have received are a testament to the dedication of our physicians and medical professionals who are on the front lines providing surgical care," says Patti Finn, FCHC CEO. "We are committed to continuing this high level of medical care for our patients."

Message from the CEO

In today's health care industry, there are many medical professionals who work tirelessly to care for patients. Some are involved in direct patient care. Others are instrumental in assisting with the care of patients but are not quite as visible. That is the situation with our House Supervisors, who are featured in this newsletter as our latest Unsung Heroes. When you read about them, you will be surprised at the many essential duties they perform when patients seek our care.



I am pleased to tell you that Fulton County Health Center is one of the first hospitals in its market to go live with new robotic telemedicine technology in our Emergency Department. The robot will be used with stroke victims and will allow our medical professionals to consult "live" with a Neurosurgeon at St. Vincent Mercy Medical Center or the University of Toledo Medical Center using video and audio. In emergencies, seconds and minutes count, and our telemedicine technology puts us quickly in touch with experts without having to transport the patient to a larger facility. Please take time to learn more about it here.

We also feature two new Cardiologists to our Medical Staff. Mohammed Alo, D.O. and Raza Hashmi, M.D., F.A.C.C., provide inpatient coverage five days a week. Both are experienced Cardiologists who bring their expertise to town to benefit you.

There is a lot more news and information throughout this newsletter. Please take time to learn more about what we are offering you.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Follow Your Health ... Online

Soon you will be able to access portions of your health records online using a secure, patient portal through the FCHC web site. In June, the Health Center plans to slowly introduce FollowMyHealth™, a patient's health management system. The portal will first provide Inpatient or Observation patients the ability to access their medical record summary. Eventually, FollowMyHealth will allow you to view your medical test results online and complete forms prior to your hospital visit. The intent is to use today's technology to improve communications

between patients and their health care providers. Watch future issues of this newsletter for more information.



See You At the Fair!

FCHC will once again be at this year's Fulton County Fair, Aug. 29-Sept. 4. Staff will be offering free blood pressure and blood sugar tests. Additional tests will be offered at a minimal charge. Many departments at the Health Center will also be there throughout the week to answer your health questions. Watch for our Fair schedule of events on our website (www.fultoncountyhealthcenter.org) and on our Facebook page as we get closer to Fair time! We look forward to seeing you at our display booth, located in the Merchant's tent north of the grandstand.



We are in the process of renovating the main FCHC Cafeteria to give it a needed facelift and improve operations. Already you may have noticed our new "Action Station" with additional menu selections. Over the next few months, we will continue to expand our menu offerings to give visitors more choices. Watch future issues of this newsletter for more information about our changes.

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, Diabetes, and other topics. For more information, contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.

Follow FCHC on Facebook

Looking to get the latest news and information at FCHC? Be sure to check out our Facebook page. Once there, click "like" to follow us and get the latest happenings at FCHC!

FCHC Auxiliary Events

- June 5** 4-person Scrambles Golf Outing, Noon shotgun start, Ironwood Golf Course, Wauseon
- Aug. 14** Nurse's Edge Sale, FCHC Ground Floor Meeting Room
- Sept. 10-11** Gabriel Association Sale – Christmas ornaments, pictures, scarves
- Sept 24-25** Passion for Fashion

Auxiliary Volunteer Opportunities

Have you considered becoming a volunteer? Positions are available at both our main campus and at Fulton Manor. To find out more about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335- 2017, Ext. 2798, for opportunities at Fulton Manor.





Health & Wellness Programs

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



Obstetrics: Partners in Pregnancy Programs

To register for classes call the FCHC OB Unit at 419-330-2757.

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

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

Childbirth Education - 2 hours/week for 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 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 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 and companionship through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW, LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Diabetes Education & Support

Balancing Life with Diabetes (formerly *Mountain Climbing*). Community class in self-help for the person with diabetes. Class is typically held every other month, in the even months of 2014. There is a \$5 suggested donation. Held in FCHC Meeting Room, with no registration necessary.

Note: No summer classes. Please join us for our regular program in October and visit us at the Fulton County Fair!

Free Support Group

5:00 - 6:00 p.m., Diabetes Education Office, 3rd Floor. Dates: July 10, August 21, September 11. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to assist you. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations.

Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

Counseling Services - Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

Patient Navigation - On site case management, financial counseling and facilitation with community resources.

American Cancer Society Services On Site - Look Good Feel Better - Thurs., July 17, 10:00 a.m. - 12:00 p.m. RSVP by July 15 to 419-330-2708. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral - "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

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

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



Health & Wellness Programs

Register on-line at 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 – June 9 – July 26; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Aquatic Aerobics

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

Arthritis Aquatics

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

Aquatic Noodle Workout

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

Aqua Zumba®

Is known as the Zumba "pool party". Combines Zumba Fitness and basic aqua fitness into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all FUN and exhilarating beyond belief. Great class for those just starting their fitness journey

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 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!

Maximim 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® 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.

SilverSneakers® Splash

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.

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese professor 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!

Zumba®

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

Zumba® Step

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

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
New! Tabata Fire	Sat	7:00 AM	FCHC Rehab Center
Cardio Core	M, T & W	5:30 PM	FCHC Rehab Center
New! Zumba Step®	T	6:30 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
New! Tabata Fire	TH	5:30 PM	FCHC Rehab Center
New! Tabata Fire	M	6:45 PM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center

(Free to SilverSneakers® card holders, regular pricing applies to others)

Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Aqua Zumba®	T	8:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:30 PM	FCHC Rehab Center
Aquatic Aerobics	M & W	6:15 PM	FCHC Rehab Center
Aqua Zumba®	T	5:00 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center

(Free to SilverSneakers® card holders, regular pricing applies to others)

Napoleon	Day(s)	Time	Location
TAI CHI	M & F	2:00 PM	Henry County Senior Center

(Free - Sponsored by Golden Living Center Northcrest)

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	W	9:00 AM	Wyse Commons
Aquatic Noodle Workout	W	10:00 AM	Wyse Commons

Archbold	Day(s)	Time	Location
(Co-sponsored by Archbold Parks & Recreation Dept.)			
Cardio Craze Plus (10 weeks)	T & TH	5:30 PM	Park Pavilion
Zumba® (10 weeks)	W	5:30 PM	Park Pavilion
New! Tabata Fire (10 weeks)	T & TH	5:30 AM	Park Pavilion

10 classes - \$27, 20 classes - \$40, 21 or more classes - \$50

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

Wauseon Classes	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

Swanton Classes	Day(s)	Time	Location
Yoga	T	7:15 PM	Trinity United Methodist

7 classes - \$35, 14 classes - \$62

Health & Wellness Programs

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., June 3 or August 5, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., June 17 or August 19, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most childcare requirements. Class taught by RN. Registration and payment due 1 week prior to class. Sat., July 19, 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. 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., June 21 or August 16, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

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

Sat., June 14, 9:00 am - 3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

Sat., June 28, 9:00 am - 3:00 pm, \$20, Archbold Library. Call 419-446-2783 to register.

Weight, Smoking

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC, Professional Clinical Counselor and clinically trained Hypnotherapist will assist you in making the change towards a healthier you.

Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Sat., June 7

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

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

Mon., July 28

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

Stop Smoking: 6:45 - 8:00 p.m.



Healthy Produce Ideas

Summer is a great time to start eating healthier. This issue's health tip is: Healthy Produce Ideas.

Fruits and vegetables that are in season and locally grown tend to have more nutrients and flavor than those that are imported from far away places. Consider these suggestions:

Shop at a Farmers' Market or roadside stand that offers fresh and local produce and gives you the opportunity to ask:

- How and where is the food produced?
- Are there pesticides on the food?
- How do you determine peak ripeness?

Grow your own food

- In a backyard garden
- Plant herbs in a window box
- Grow vegetables in flowerpots or mix them into your flowerbeds

Preserve fruits & vegetables by freezing, canning or drying for healthy food throughout the year

Compost leftover plant pieces for nutrient-filled soil next year

The goal is to consume 5-9 fruit and vegetable servings a day. Fruit and vegetables are high in fiber, low in fat and full of vitamins, minerals and phytochemicals that are essential to healthy living.

In This Issue:

The Unsung Heros Part IX:
House Supervisors
Expanded Cardiology Services
Telemedicine Comes to FCHC
FCHC Recognized for Orthopedic Care
Message from the CEO
News & Notes
Health & Fitness Classes
Silent Auction to Benefit Cardiology

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

Patti Finn, Chief Executive Officer

Carl Hill, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

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



Silent Auction to Benefit Cardiology Department

Looking for some neat gifts? How about some bargains? The public is invited to browse for items at the FCHC Auxiliary's all-day Silent Auction on Thursday, June 5 from 7:00 a.m. to approximately 5:30 p.m. in the Beck Meeting Room on the FCHC campus. The Silent Auction is part of the Auxiliary's 15th Annual Auxiliary Golf Tournament, which will be held that same day at Ironwood Golf Course in Wauseon. Tables will begin closing at 4:00 p.m., and the event will conclude after golfers have arrived at the Health Center at the end of the day. There is no charge to attend this year's Silent Auction.

"Last year our generous donors contributed nearly 200 items to the Silent Auction that generated \$8,000 in proceeds," says Mary Gautz, LSW, FCHC Auxiliary Coordinator. "We're hoping to raise even more money this year." This year's Silent Auction will feature (4) Park Hopper passes to the Walt Disney Complex in Orlando, Toledo Mud Hens tickets, passes to Cedar Point and Kings Island, passes to area zoos and high school sporting events, newspaper subscriptions, gift baskets, plants, jewelry, an autographed Cleveland Browns football and Cleveland Cavaliers hat, a gift card to the Firekeepers Casino in Battle Creek, Michigan, restaurant gift certificates, and even a 45 minute airplane ride with an introductory flying lesson.

"Our community members have been wonderful providing us with donations the past few years," says Gautz. "And our staff members have also stepped up to put together some clever and beautiful baskets."

Proceeds from this year's Silent Auction and golf outing will be used by the FCHC Auxiliary to fund a new, state-of-the-art cardiac monitoring system for the Health Center. For more information about the Silent Auction, contact Mary Gautz, FCHC Auxiliary Coordinator, at 419-330-2695.