

YOU haven't been feeling well lately.
You've been tired, lacking in energy and
you've been dizzy a lot. You've visited your
family physician who has ordered a series
of lab and radiology tests. Now you
must decide where to go for them.



Top Diagnostic Services, Close to Home

Hopefully you will consider Fulton County Health Center ... a great source for state-of-the-art diagnostic testing that is close to home.

The Need for Tests

Wouldn't it be great if you could just visit your family doctor, and he or she could determine your health problem with a simple physical examination? If only it could be that simple. Because there are so many illnesses and diseases that affect humans, it is difficult to pin down what is wrong without the use of sophisticated diagnostic tests.

Are you tired because you are anemic, or could you have diabetes? Is your achiness the flu, or could it be something more difficult to diagnose? Tests are often used to systematically rule out certain diseases in order to zero in on what is actually wrong.

The majority of tests ordered by physicians fall under two main categories: Lab and Radiology. Both are areas that have received a great deal of attention from the Board of Directors and Administration at Fulton County Health Center.

A Commitment to Offering the Best

Over the past three years, FCHC has made significant investments to install state-of-the-art Laboratory and Radiology equipment for the benefit of patients.

"We have two main focuses here at Fulton County Health Center," says Patti Finn, FCHC CEO. "One mission is to educate the public and to provide wellness programs so they can stay healthy. The second is to help them get well when they do get sick. A key component of helping them get well is accurately diagnosing what's wrong. We want to offer that capability close to home so our patients don't have to travel for their tests. That's where our new Lab and Radiology equipment can make a difference."

A State-of-the-Art Lab

There are different areas and instruments in the world of the hospital lab. "Over the past three years we've made serious strides in upgrading all of our analyzers," says Rick Dwyer, FCHC Laboratory Services Manager. "The analyzers are used to test a patient's blood and urine, which can give your physician a very accurate look at your health."

The FCHC Laboratory Department's main Chemistry analyzer, the Vista 500, is helpful in determining over 50 different chemistry tests including: glucose, kidney function tests, cholesterol, liver function tests, and many others including drug levels that the physician may need to monitor your medication.

The FCHC Emergency Department also relies on the lab's high tech analyzers to order a profile for emergency patients with cardiac issues. This helps determine if the patient needs

"All of these equipment investments lead to better images, improved patient comfort and more accurate diagnoses by our physicians."

- Barb Gibson, CRA, RT (R), RDMS, FCHC Radiology Manager



Phil Badenhop, RT (R)(MR), FCHC registered Senior Lead MRI Technologist, uses FCHC's new high-tech MRI Unit to image a knee.

to be admitted to the Intensive Care Unit, or if they can be placed in a regular hospital room for situations not so critical.

A second area of diagnostic analyzers is Hematology. The main analyzer, the DXH 800, is a top-of-the-line analyzer that performs the CBC (complete blood count), which is ordered more than any other test in the lab. The physician will order this test to determine if you have an infection, are anemic or have

more serious issues.

A third diagnostic area is Coagulation, which involves the use of the CA-1500 analyzer. This instrument performs tests including ProTime/ INR levels to determine the clotting tendency of blood. "This is critical for patients who are on Coumadin, a common blood thinner,"

Jo Bruner, MLS (ASCP) CM, Blood Bank, Hematology & Coagulation Section Head is pictured with the DxH800, an automated hematology analyzer. The unit determines white and red blood counts and platelet levels as well as other markers.





Angela Gineman, BS, views a slide of a patient specimen.

says Dwyer. "Coumadin must keep the blood thickness within a prescribed range. Patients visit us monthly to have their ProTime workup, even those who have physicians in Toledo or Ft. Wayne. The lab work is done here, and the results are sent to their out-of-town doctor."

The fourth area of Laboratory diagnostics is Microbiology, where two new state-of-theart analyzers are in use. When a physician orders a blood culture to check for infection, Lab technologists will use the BactAlert 3D to incubate the blood culture bottles. The unit will sound an alarm when there is bacterial growth in the bottle. The technologist can then do further testing to identify the bacteria. In addition, the Vitek 2 analyzer is used to test a patient sample and determine what type of organism is in the patient's sample. The analyzer will also check to see what type of antibiotic is best to treat the patient.

High-Tech Radiology Images

Quite often a physician will order specialized images as well as lab work to help diagnose a patient. That's when patients benefit from the Radiology Department's new high-tech imaging units

The most recent addition to the Radiology Department is a new Magnetic Resonance Imaging (MRI) unit that recently became operational. "Patients and physicians really like the new MRI unit," says Barb Gibson, CRA, RT(R), RDMS, Radiology Manager. "It's quieter and offers more comfort for large and small patients. Most importantly, the new MRI unit provides very crisp, detailed images of the body." MRI scans are often prescribed to gain a better view of the soft tissues and organs inside the body.

Two years ago FCHC installed a 128-slice CT scanner, becoming the first and only hospital in the region to offer such a sophisticated unit. FCHC's scanner is not only faster than the previous unit, but it can also produce a greater number of images to help doctors in their diagnosis. The unit is also used to perform heart scans to view coronary arteries and to determine if there are calcium deposits. A new lung-screening program, which will be covered by Medicare,

will soon be offered to those who qualify.

Many of the imaging systems in the Radiology Department are used to support women's health. "We have Digital Mammography for breast exams, and next year we hope to install a new 3-D Mammography Unit that will offer the most detailed images available," says Gibson. The new MRI scanner is also used for breast exams when family history or the density of a patient's breasts dictate its use. The Health Center also plans to install a new Ultrasound Unit this fall, which will provide even better images than those currently available. FCHC also uses a Dexa Scan Unit to measure a woman's bone density in search of osteoporosis.

"We've also installed a new patient exam table to accommodate heavier patients who require an upper gastrointestinal exam," says Gibson. "All of these equipment investments lead to better images, improved patient comfort and more accurate diagnoses by our physicians."

Customer Service Is Key

Although the Health Center has invested significantly in state-of-the-art Laboratory and Radiology equipment, customer service is still evident in both departments.

"We try to get patients in the next day after their doctor orders a scan, or at least in the same week," says Gibson. "We understand how unsettling the wait can be for a patient, so the faster we can expedite the process the better. We've also expanded our ultrasound hours until 7:00 p.m. weekdays, Monday through Thursday, to give our patients a broader range of times to come in for an exam."

(Continued on page 3)

FCHC Radiologist Michael Pole, MD, views images produced by the new MRI Unit.



Area patients with chronic wound problems will soon benefit from FCHC's new Wound Care & Hyperbaric Center that will open in June on the ground floor of the FCHC Medical Office Building. The suite for the Center is currently being remodeled to include a comfortable waiting room, four treatment rooms, and a large room that will house a hyperbaric chamber. Munier Nazzal, MD, an FCHC Vascular Surgeon, has been named the Medical Director of the Wound Care & Hyperbaric Center. Karen Bauer, Nurse Practitioner, will be the Program Director. Both bring a wide range of wound and hyperbaric medicine experience.

"The Food & Drug Administration has approved many conditions that can be treated with hyperbaric oxygen therapy," says Bauer.
"Probably the two most common we will see are diabetic foot ulcers and recalcitrant bone infections." The Wound Care Center will also treat many types of skin disorders and wounds. Bauer says common treatments for wounds include topical therapies, such as skin substitutes and debridement of wounds.
"We aim to provide multi-disciplinary care to ensure optimal healing."

One of the unique treatment methods that will be used in the Center is a large hyperbaric chamber -- a large clear acrylic tube that is pressurized with 100% oxygen. Patients will lie comfortably on a stretcher in the chamber, usually five days a week for 90 minutes each day. "The 100% pressurized oxygen helps to heal tissue while also increasing the body's metabolism and ability to fight infection," says Bauer. The hyperbaric chamber will only be applicable to specific patients based on their type of wounds. "The majority of our patients will undergo comprehensive therapy with dressings and other modalities for wound care," says Bauer.

Inpatients at FCHC will also benefit by visits from Wound Care & Hyperbaric Center staff. They can visit the outpatient Center upon discharge. "We are also contacting home health care agencies to make them aware of our services for their clients," says Bauer. "The goal is to produce a seamless wound care network to serve patients in the hospital, at home, or at our Center. We also plan to reach out to the communities we serve with educational programs about wound care."

"Patients with chronic wounds in the Fulton County area previously had no access to integrated wound care," says Bauer. "It was not feasible for them to frequently travel to Toledo or Ft. Wayne wound care clinics. As a result, the FCHC administration understood there was a great need to serve patients in Fulton County



FCHC Wound Care & Hyperbaric Center

and the surrounding areas, and the result is the opening of the Wound Care & Hyperbaric Center."

The FCHC Medical Office Building is located on the main campus of Fulton County Health Center at 725 South Shoop Avenue in Wauseon. Patients should contact their primary care physician for a referral to the FCHC Wound Care & Hyperbaric Center. For more information about the Center, call 419-337-7832.



Top Diagnostic Services, Close to Home

(Continued from page 1)

The Laboratory is also customer service oriented, offering five collection sites in surrounding communities: Archbold, Delta, Fayette, and two in Wauseon. In addition, FCHC serves as a sixth collection site for patients. The five collection sites only collect blood and urine samples; no lab work is performed at these sites. The FCHC Laboratory Department is open from 7:00 a.m. - 7:00 p.m. weekdays and 8:00 a.m. - 1:00 p.m. on Saturdays, again to accommodate patients. The Lab is also available 24/7 to conduct lab work for Inpatient and Emergency Department patients.

Trust Your Local Health Care Provider

"We are very proud of our capabilities in lab and radiology," says Patti Finn. "Not only have we invested in top-of-the-line diagnostic equipment, but our staff members are extremely qualified and experienced. There's no reason a local patient needs to travel outside the area for their lab or radiology work. They can be confident in capabilities we offer to them."

Helping High School Athletes

When area high school athletes prepare for competition, they and their parents can be assured that Certified Athletic Trainers from Fulton County Health Center have their backs.

FCHC provides Certified Athletic Trainers for four area high schools. Tina Stanley, ATC/LAT works primarily with Archbold High School athletes. She also works with student athletes from Pettisville and Fayette High Schools during their lunch hours. Brandi Heath, ATC/LAT, is the trainer for the Wauseon School System. Heath is also an Athletic Trainer at the FCHC Rehab Center in Wauseon, where she works with youth and adults.

Both Stanley and Heath attend Archbold and Wauseon High School practices and athletic events. "The first thing I'll do before practice and a game is to make sure there is plenty of drinking water so our athletes can stay hydrated, which is very important," says Heath. "Then I'll spend time taping their ankles and helping them stretch. If they have an injury, I'll work with them to apply ice or heat to the injured area."

Stanley has been a high school Athletic Trainer for 22 years and has developed a close working relationship with West Ohio Orthopedics & Rehab in Wauseon. "When an athlete is injured, I will assess the injury and determine if emergency care is needed or if the athlete can wait to see the physician," says Stanley. "I usually know from experience if surgery will be required, so I will talk to the family physician and suggest the athlete make an appointment directly with the Orthopedic surgeon to expedite the process." Stanley says West Ohio Orthopedics is very good about getting an athlete in to see the doctor as soon as possible. "Injuries often occur on a Friday night or on a weekend, and Dr. McKernan and Dr. Spieles and their staff usually keep open their first appointment of the day to handle these sports injuries." If physical therapy is needed, the athlete can be referred to either the FCHC Rehab Center in Wauseon or to the West Ohio Orthopedics Rehab staff.

recuperate properly and to return to practice and competitions when their body is fully healed." - Brandi Heath, ATC/LAT, FCHC Athletic Trainer

"When an injury occurs, we want the injured athlete to

At the beginning of the football season, Stanley meets with local EMS squads to rehearse how they will assess airway injuries and perform CPR on a football player with helmet and shoulder pads. "The equipment complicates the process, so we want to be ready to go in an emergency," says Stanley.

"Concussions are certainly a part of any high school sport, and we are very diligent about watching for them," says Heath. Ohio law now requires that any high school athlete who sustains a concussion must visit his or her primary care physician to be cleared to participate in practices or games. Stanley says most of the concussions she treats require a three-week layoff from athletic activity. "I will notify the school principal when a student athlete is concussed, because their academic performance will likely falter as well," says Stanley. "The principal will advise the student's teachers, who will refrain from giving the student tests and allow extra time for homework to be completed." Both trainers use the ImPACT® Concussion Management Program before the sports season begins to create a baseline measurement for each athlete. Then, if a concussion occurs, they re-administer the test and compare the results of the new test with the baseline to determine the severity of the concussion.

Heath says she sees a lot more overuse injuries in athletes and at a younger age since kids and teenagers are often playing sports year round. "They're continually practicing and playing with virtually no time off, so the constant repetition causes stress fractures, tendonitis and other injuries. Sometimes, they become chronic injuries and follow the athlete through high school."

Both trainers are proponents of strength training among high school athletes, but they warn that it must be supervised by a coach or trainer and done using the proper technique to avoid injury. They prefer that young elementary school athletes use their own body weight, or resistance bands, instead of lifting weights to strength train.

"It's great that junior high and high school students are active in sports," says Heath. "We want them to stay active. When an injury occurs, we want the injured athlete to recuperate properly and to return to practice and competitions when their body is fully healed."



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If you visit Fulton Manor on the campus of Fulton County Health Center, you will notice a number of elderly residents looking quite content as they listen to their iPods®. It's all part of a new MUSIC & MEMORYSM program designed to create and provide personalized playlists for those residents struggling with Alzheimer's, dementia and other cognitive challenges. The goal is to use each resident's favorite music to help them reconnect with the world through music-triggered memories.

"The reaction from our residents has been phenomenal," says Mary Jo Smallman, LNHA, Fulton Manor Administrator. "We're finding that their customized music playlists are allowing them to engage us in conversations, which did not happen before the program was started. As an example, one of our female residents has been a big fan of Bobby Vinton and Elvis Presley, and it's amazing to see how she has responded to their music to reconnect with life. We've even added a Bobby Vinton poster to her room."

Dan Cohen, a Licensed Social Worker, founded Music & Memory, Inc. with a simple idea: if he ended up in a nursing home, he wanted to
be able to listen to his
favorite '60s music. Cohen knew about
the popularity of iPods® and decided it would
be a good idea to use them in skilled nursing
facilities to provide personalized music for
residents. The program began at Fulton Manor
with a \$600 scholarship from the Ohio Health
Care Association. That money was used to
purchase 10 iPods® and headphones.
Another 10 were purchased later. Currently,
nine residents listen to music on their iPods®
on a regular basis.

Kayla Damman, LSW,
MSW, is the MUSIC &
MEMORYSM program
coordinator for Fulton
Manor. "Kayla has done a
very good job of
researching and learning
what music each
resident likes from
their past, and then
she has developed
customized
playlists for each

of them," says

Smallman. Staff members attended a six-hour certification program to learn how to set up personalized playlists, where to find the music, and how to teach the residents to operate their iPods[®]. A cabinet houses the iPods[®] and headphones for staff to use, and a music library has been created.

The MUSIC & MEMORYSM program is currently used only with residents who have dementia or cognitive issues. But, it may become available for other Fulton Manor residents in the future. "We would love to have the community get involved to support this worthwhile program," says Smallman. "Individuals or businesses can help us by purchasing an iTunes® gift card that we can use to download customized playlists for our residents." For more

information about the program or how to donate an iTunes® gift card, or a gently used iPod®, contact Mary Jo Smallman, LNHA, Fulton Manor Administrator, at 419-330-2707 or email at: msmallman@fulhealth.org.



Dr. Grieser Returns to Practice

Welcome back Dr. Grieser! Richard Grieser, MD, Family Practice, will be returning to the FCHC medical staff in July and joining the West Ohio Family Physicians group of Ronald Music, MD, Family Practice and Alan



Rivera, MD, Internal Medicine. The practice also includes three Nurse Practitioners: Marissa Baus, NP, Billie Denton-Miller, NP, and Tiffany Siegel, NP. Dr. Grieser is taking new patients. West Ohio Family Physicians is located on the southwest corner of the FCHC Campus at 735 S. Shoop Avenue, Wauseon. To make an appointment with Dr. Grieser, please call 419-335-3242.

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Thanks for Your Patience

The expansion of the West Ohio Building, located on the southwest corner of our campus, is nearing completion. We appreciate your patience during the West Ohio Building facility expansion in order to offer more convenience to our patients. The West Ohio Building houses the offices of West Ohio Orthopedics, West Ohio Family Physicians, West Ohio Surgeons, and Fulton County OB/GYN.

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Fulton Manor Gets a Lift

The lobby wallpaper is gone, replaced by fresh paint. New carpeting graces the entrance, and new furniture is on order. An attractive stone wall will line the center of the entryway. FCHC's Maintenance Department is busy giving the 18-year-old Fulton Manor entrance and lobby a nice facelift. The cosmetic changes should all be finished this summer. In addition, in late March the old bulletin boards showing photos of resident activities have been replaced by a large, flat screen TV. The television continually scrolls photos of residents in various group activities. Stop by and check us out!

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Cups Full of Cure!

"Cups full of Cure!" is a program begun by a compassionate group of FCHC staff members in 2014, who are devoted to assisting cancer patients. The program will raise money for the "Fight Against Cancer" fund that will be used to help recently diagnosed FCHC cancer patients with their medical treatment bills. You can participate individually or as group by purchasing an inexpensive bra and decorating it to create a story. The story can simply represent Breast Cancer Awareness, or it may be a personal journey that tells about an individual touched by Breast Cancer. You will be provided with a price tag to attach to your bra. The price tag will allow you to write about your Cups Full of Cure story and the inspiration behind it. All stories must be submitted to the FCHC Department of Radiology, along with the price tag, by September 11.

The decorated bras will be displayed and then auctioned off at the Cele-BRA-tion event in the FCHC Ground Floor Beck Meeting Room on Thursday, October 1, 5:30-8:00 p.m. The event is open to employees and the community and will include: dinner, raffle baskets, silent auctions, cookbooks, a speaker, and socializing. Bras will be auctioned at 7:00 p.m. All proceeds will go to the "Fight Against Cancer" Fund. For more details or an explanation, please contact: Lynette Shepard, lshepard@fulhealth.org or 419-330-2651, Ext. 5151.

(News & Notes continued on back cover)

Message from the CEO

When a person is sick, the first thing most physicians do after a physical exam is to order a series of tests to help determine

what is wrong. In most cases, those tests involve either our Laboratory or Radiology Department, or perhaps both. Our lead story in this issue of *Health Centering* will provide you with good insight on our capabilities to provide the analysis and



images that are critical to diagnosing an illness. We are confident that you can remain close to home to get your testing performed with us.

We have some important news to announce. First, please welcome Patricia Mahoney, MD, our new General Surgeon who comes to us with a wealth of surgical experience. Dr. Mahoney shares with us a similar philosophy of health care, and we are pleased to have her on staff. Secondly, in June we are opening a new Wound Care & Hyperbaric Center in our Medical Office Building on our campus. This Center will offer various forms of treatment for specific FDA-approved infections, including the use of a new hyperbaric chamber. You can read about Dr. Mahoney and the Wound Care Center in this newsletter.

Fulton County Health Center has always been community oriented. That is quite evident even in high school sports, where our two Certified Athletic Trainers provide help to high school athletes. Learn more about their services in this issue. We are also pleased to inform you about a MUSIC & MEMORYSM program at Fulton Manor that has provided encouraging help to residents with dementia.

Take advantage of our health and fitness classes, and enjoy the warm weather.
Summer is just around the corner!
Best Regards,

Patti Finn

Patti Finn, Fulton County Health Center Chief Executive Officer

Health & Wellness Programs

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

Lifestyle

Lifestyle Management Training

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

Lifestyle Management Class

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

Healthy Cooking: Stop & Chop

First class in a series on Healthy Cooking. Come and learn the basics of preparing food. We will start with cleaning and cutting. Samples provided. Tues., June 23, 6:00 - 7:00 p.m., \$5. Location to be announced. Must pre-register by calling 419-330-2721 by June 22.

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 2 & Aug. 4, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

15 in 2015

7-week class offered either Tuesdays from 12:00-12:30 p.m. or Wednesdays from 7:30-8:00 a.m. Begins June 9 or June 10 and runs through July 21 or July 22. Keep your healthy habits happening over the summer with this nutrition-focused class geared to teach lifestyles that promote weight loss. \$35. Tuesday sessions are in the FCHC Emergency Department Conference Room, Wednesday sessions are in the FCHC Surgery Conference Room.

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 16 & Aug. 18, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Safety

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., June 27 or Aug. 8, 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, infant CPR; obstructed airways; and first aid; meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., July 11 or Sept. 19, 9:00 a.m. - 4:00 p.m., \$65, 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., June 6, 9:00 a.m. - 3:00 p.m., \$20, Archbold Public Library. Call 419-446-2783 to register. Sat. June 13, 9:00 a.m. - 3:00 p.m., \$20, Fulton County Health Center. Call 419-330-2735 to register. Sat., June 20, 9:00 a.m. - 3:00 p.m., \$20, Delta Library. Call 419-822-3110 to register.

Weight Management

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Is weight loss surgery right for you? Learn more about this exciting new weight loss surgery option now being offered at FCHC. Join Bariatric and



General Surgeon, Arun Kumar Baskara, MD for an overview of weight loss surgery options and our Weight Solutions program. 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. Monday, June 1, July 6, Aug. 3, or Sept. 14, 6:00 p.m. Free. FCHC Beck Meeting Room A. To register, call our Weight Solutions program at 419-337-7373. Dates subject to change.

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 13

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



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

Oncology Programs

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

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

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

American Cancer Society Services On Site Look Good Feel Better - Thurs., July 16, Sept. 17 and Nov. 19, 10:00 a.m. - 12:00 p.m. RSVP two days before by calling 419-330-2708. Plus Cancer Resource Center (Cancer information).

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

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

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

Yes Mamm Program - Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information call 419-330-2706.

Diabetes Education & Support

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

Back by Popular Demand! Pre-Diabetes Class.

There are now 86 million Americans with pre-diabetes. Are you one of them? How can you find out? This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who already have some basic information. All of us can become healthier by following the meal planning and physical activity tips presented in this class! Mon., June 1, 6:30-8:00 p.m., FCHC Meeting Room. Free. Please register by May 29. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772.

Free Support Group

5:00-6:00 p.m., Diabetes Education Office, 3rd Floor, June 11, July 9, August 13, September 10. 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!



Obstetrics: Partners in Pregnancy Programs

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 an International Board Certified Lactation Consultant. Free.

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

Childbirth Education - 2 hours/week for 2-3 weeks or 5 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. Series - \$25. Saturday session - \$40 (includes food/refreshments).

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

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

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

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend. Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl, LSW LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Health & 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.

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!

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!

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

Health & Fitness Classes

Session 1: June 1 - July 4 **Session 2:** July 13 - Aug. 15

5 classes - \$21, 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67

Wauseon	Day(s)	Time	Location
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Tabata Fire	T & TH	6:00 AM	FCHC Rehab Center
Tabata Fire	SAT	6:00 AM	FCHC Rehab Center
SilverSneakers® Classic	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regu	lar pricing applies to othe	rs)	

Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics (Session 1 only)	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aquatic Aerobics (Session 1 only)	M & TH	6:15 PM	FCHC Rehab Center
SilverSneakers® Splash	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular	pricing applies to othe	rs)	

Session 1: June 1 - July 8 **Session 2:** July 20 - Aug. 26 6 classes- \$25, 12 classes - \$37

Wauseon	Day(s)	Time	Location
Cardio Core w/360	M	5:30 PM	FCHC Rehab Center
Step 360 (Session 1 only)	T	5:45 PM	FCHC Rehab Center
Cardio Core	W	5:30 PM	FCHC Rehab Center
Drums Alive! (Session 2 only)	T	5:45 PM	FCHC Rehab Center
Nanoleon	Day(e)	Time	Location

 Napoleon
 Day(s)
 Time
 Location

 Tai Chi
 M & F
 2:00 PM
 Henry County Sr. Ctr.

 Free - Sponsored by Orchards of Northcrest

Session: June 15 - Aug. 15 10 classes - \$27, 20 classes - \$40

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

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.
Chair Yoga	T + (2)	5:00 PM	FCHC Beck Mtg. Rm.

(2) 7-week sessions. Begins May 18. 7 classes - \$35; 14 classes - \$62.

Swanton	Day(s)	Time	Location
Yoga	T & TH	7:15 PM	Trinity United
(2) 7-week sessions. Begins May 18. 7 classes - \$3	35; 14 classes - \$62.		Methodist

ArchboldDay(s)TimeLocationYoga – Gentle (10 wks.)M7:00 PMPark Pavilion10 classes - \$40, Begins June 15

(Co-sponsored by Archbold Parks & Recreation Dept.)

Health & Fitness Class Descriptions

Step 360

Transform your workouts and your body! You'll burn hundreds of calories each workout while firming your muscles and flattening your abs. Every time you step on the Step 360's platform, you engage your entire core and surrounding stabilizing muscles.

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!

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.

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.





Fulton County Health Center is pleased to announce that Patricia A. Mahoney, MD, a Board Certified General Surgeon, has joined the FCHC medical staff. Dr. Mahoney received her medical degree from the University of South Dakota School of Medicine in Vermillion, South Dakota. She began her surgical residency at Fairview Hospital in Cleveland, Ohio, and completed her chief years at the University of South Carolina in Columbia, South Carolina.

Dr. Mahoney has also received specialized training in the surgical treatment of breast cancers, as well as laparoscopic and endoscopic procedures to perform surgeries such as hernia



repairs, gall bladder removals, colon resections, and excisions of skin cancers.

"I grew up in small towns, and I wanted my three sons to have the same opportunity as I did growing up in a smaller community. In Wauseon, I can work hard and contribute to people's health, but I can also go home at night and spend time with my family. Plus, we are only a half-hour from a larger city and its offerings."

Dr. Mahoney says she was attracted to Fulton County Health Center because she and Patti Finn, FCHC CEO, share the same philosophy when it comes to health care. "We both agree that patients do best if they can remain in their own community to receive their medical care, surrounded by family and friends who are their support network. The Health Center has been quite successful in bringing physician specialists here. That broadens the level of services they can provide to patients, and that increases their ability to keep patients in town and surrounded by their support system." She says those in-town physician specialists also help her surgical practice by their patient referrals.

On a personal note, Dr. Mahoney is married with three sons. Her husband is retired from the United States Navy. In her spare time she enjoys spending time with her family as well as playing a variety of musical instruments, reading, and drawing.

Dr. Mahoney's office, West Ohio Surgeons, is located in the West Ohio Building, 735 South Shoop Avenue, on the southwest corner of Fulton County Health Center's campus. *To schedule an appointment with Dr. Mahoney, call 419-337-7478*.



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Top Diagnostic Services, Close to Home
New FCHC Wound Care &
Hyperbaric Center
Helping High School Athletes
Music & Memory at Fulton Manor
FCHC News & Notes
Message from the CEO
Health & Fitness Classes
New Surgeon Joins FCHC

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.





Relay for Life

The 2015 American Cancer Society's Relay for Life will be held at the Fulton County Fairgrounds beginning at 6:00 p.m. on Friday, June 5 and ending at Noon on Saturday, June 6. Registration begins at 4:30 p.m. on June 5 under the Grandstand. A Survivor's Luncheon will be held at Noon on Saturday, May 30 at the Wauseon Middle School. Reservations for the lunch must be received by May 1. For more information, contact Judi Pike at 419-822-3682 or visit www.RelayForLife.org/FultonCounty.

See You At the Fair!

FCHC will once again be at this year's Fulton County Fair, Sept. 4-10. 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.

Auxiliary Golf Outing

The 16th Annual FCHC Auxiliary Golf Tournament will be held on Thursday, June 4 at Ironwood Golf Course in Wauseon. A silent auction and dinner at FCHC will be held after the outing. Check out the online bidding for silent auction items by visiting www.fultoncountyhealthcenter.org or our Facebook page for information on where to go for online bidding. Proceeds will be used to fund FCHC projects.

FCHC Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335-2017, Ext. 2798, for opportunities at Fulton Manor.